PARANORMAL UNDERGROUND®

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6 HAUNTED Government Buildings

The *Haunted Doll* OKIKU

ENERGY HEALING: BODY, MIND & SPIRIT

ALSO INSIDE:

The Haunting of Leslie's Family Tree Restaurant

Government/Alien Conspiracies: Who Is the Real Commander X?

The Awakening: Psychic and Spiritual Enlightenment

What Is the Devil's Hour?

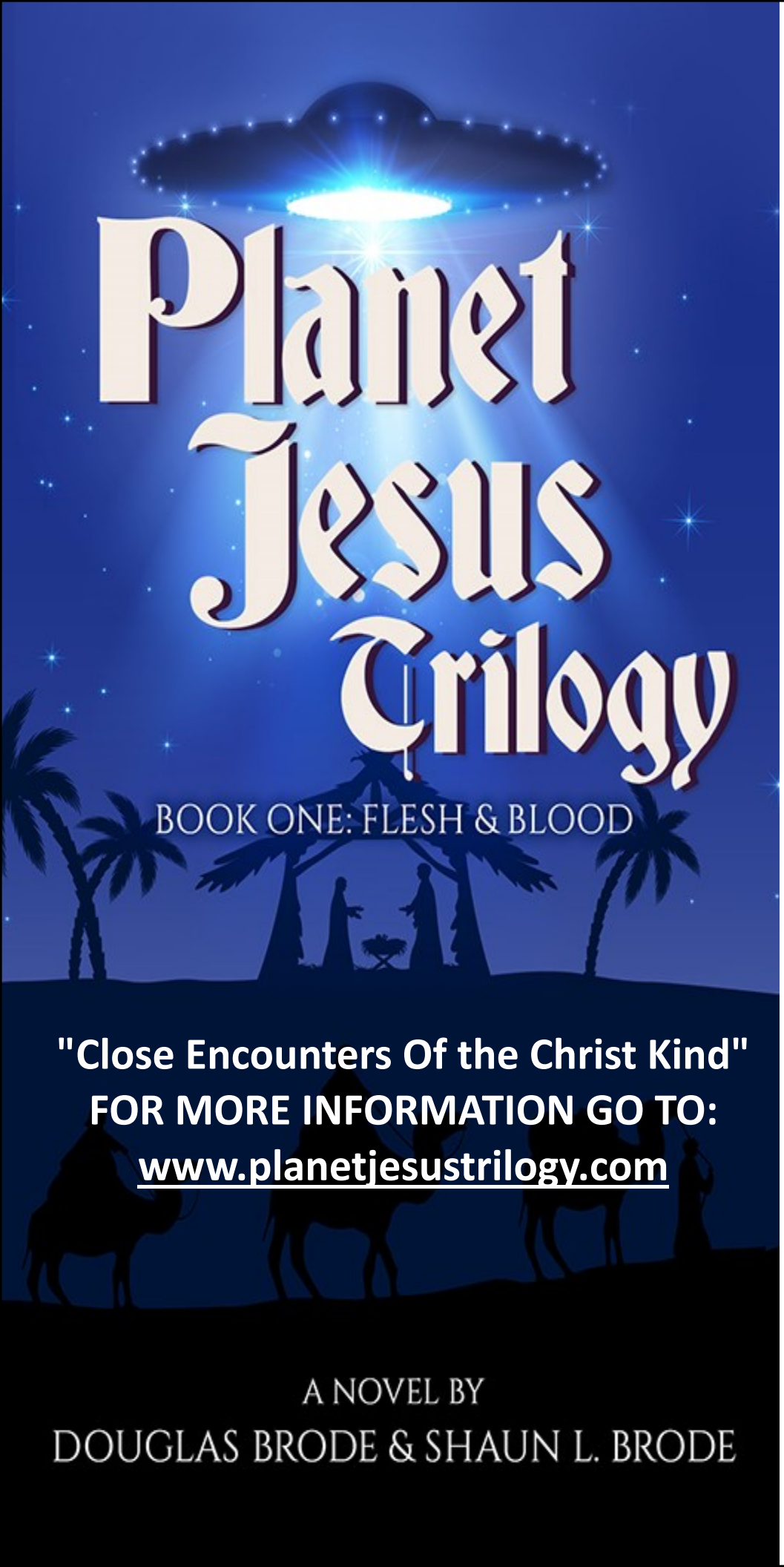
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Table Of Contents

CASE FILES OF THE UNKNOWN

18 **Haunted Sites**
The Haunting of Leslie's Family Tree Restaurant

22 **Are We Alone?**
Unscrambling the Mystique & Inscrutable Character of an Undercover Alien Hunter & Whistleblower

28 **Haunted Objects**
The Haunted Doll Okiku

IN THE SPOTLIGHT

8 **Investigator Spotlight**
Reiki Master, Spiritualist Healer & Angel Card Reader: Pamela Barry

10 **Haunted Entertainment**
The Permanents: A Paranormal Case Study

44 **Author Profile**
Screenwriter Christian A. Robertson

PARANORMAL INSIGHTS

14 **Special Report**
The Awakening: Psychic and Spiritual Enlightenment

30 **Metaphysics & Energy Healing**
Healing Body, Mind, and Spirit

34 **The Secret Life Of Dreams**
Dream Interpretation: Purple Cat on a Brick Wall

36 **The Shaman Windwalker**
The Forgotten

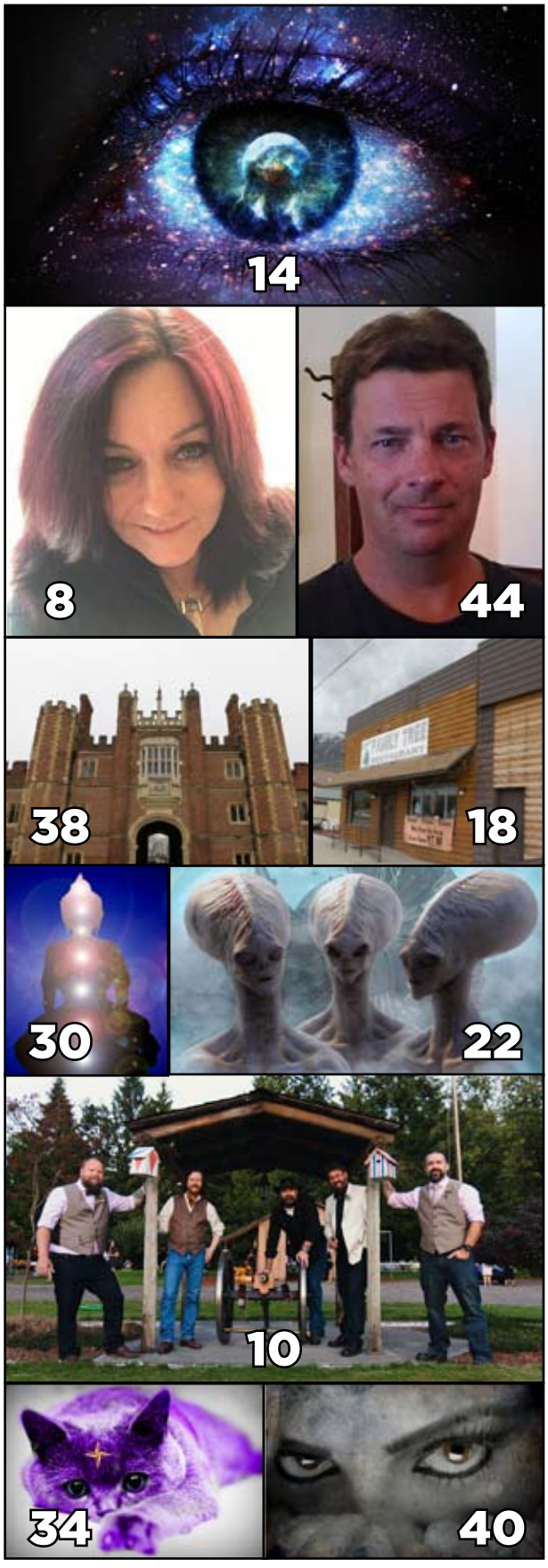
38 **Get Spooked**
Where Do the Politically Powerful Choose to Rest in Peace?

40 **Magic & Lore**
The Devil's Hour

42 **Personal Experiences: Paranormal Encounters**
The Victorian Séance

DEPARTMENTS

4 **Contributors**
6 **Publisher's Letter**
7 **Calendar of Events**



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Winter has been an occultist and paranormal researcher for nearly 20 years. She has been published repeatedly since 2009 and has also been the subject of interviews regarding both areas of expertise.

Writing and witchcraft have always remained close to Winter's heart, feeling both require a profound understanding of one's self and environment. When she's not exploring the macabre and bizarre, Winter enjoys reading tarot, as well as writing poetry and short stories. All of her work can be viewed on her Website.

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Sean has written or contributed to more than 30 books for Global Communications and Inner Light Publications, all of which are available from Amazon.com. His books include *The Heretic's UFO Guidebook*, which analyzes a selection of Gnostic Christian writings and their relationship to the UFO phenomenon, and *Signs and Symbols of the Second Coming*, in which he interviews several religious and paranormal experts about how prophecies of the Second Coming of Christ may be fulfilled.

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Karen is a psychic medium and author. Her published paranormal books include *Avalanche of Spirits: The Ghosts of Wellington*, *Dancing With the Afterlife*, and *Pioneer Spirits: Investigating the Haunted Lewis County Historical Museum*.

Karen holds a bachelor's and master's in metaphysical science from the University of Metaphysics, as well as a Ph.D. in metaphysical parapsychology from the University of Sedona. She is an ordained minister/metaphysical practitioner with the International Metaphysical Ministry and a Usui Reiki Master/Teacher. She has completed courses in energy healing, including quantum touch, crystal healing, sound healing, and aromatherapy.

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WILLIE WINDWALKER GIBSON

Willie is a shaman and supernatural consultant. He works by himself, as well as with his wife, Schmon. He belongs to the Paranormal Clergy and Dominion Ministries. Willie is the author of two books detailing his 50-year journey in the paranormal, *The Shaman Windwalker* and *Soul Warriors*.

Willie has appeared on A&E's *Cursed: The Bell Witch* and CMTs *Most Shocking Ghosts*. He also hosted his own public access show in Louisville, Kentucky, for 12 years, called *Spiritual Gifts and Wonders*. He also has his own group of sensitives, called Soul Warriors, who are based all over the US.

ASHLEY HALL

Ashley Hall resides in Adelaide, South Australia, where he has researched and investigated the paranormal for more than 15 years. As well as having worked for many of the state's most professional teams, he founded *The Paranormal Guide*.

Ashley is open-minded toward all aspects of the paranormal. He has written more than 200 articles on paranormal and macabre subjects that have appeared in magazines and on Websites worldwide.

http://www.theparanormalguide.com/

CHERYL KNIGHT-WILSON

Cheryl is editor-in-chief of *Paranormal Underground* magazine and producer of *Paranormal Underground Radio*. She has more than 20 years of experience as a professional writer and editor and has published hundreds of articles on topics ranging from advanced technology to paranormal investigation.

Cheryl's previous magazine experience includes roles as senior and managing editor for several business publications.

https://paranormalunderground.net/

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Jill is the author of *207: A Personal Account of Love Paranormal Phenomenon and Demonic Possession* (2011) and *Saints Sinners & Sacred Ground* (2013). She is also a psychic medium who uses her gifts to assist with cold cases and investigations. She does not believe in charging for readings. Her abilities have led to the discovery of two documented DNA matches to living ancestors in one family.

In addition to her work in the paranormal field, Jill is a

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Michelle is a *New York Times* and *USA Today* bestselling author writing in many fiction genres, including the Dragon-Shifter series *Dragon Lords* and *Captured by a Dragon-Shifter* and the mischievously magical *Warlocks MacGregor*. A skeptical believer, she has a fascination with anything paranormal.

Michelle loves to travel and try new things, whether it's a paranormal investigation of an old Vaudeville theater or climbing Mayan temples in Belize. She has a BGS in history/business with an English minor and a photography degree. She is the co-owner of www.TheRavenBooks.com.

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RAINBOW RADAELLI

Rainbow is a paranormal, abductee, and cryptid researcher along with her husband, Michael. She is an experiencer herself, dealing with paranormal phenomenon since childhood. The silk road of life has led Rainbow in many directions: cowgirl, medicine woman, gypsy, belly dancer, and truth seeker. All directions have paralleled each other, finally coming together in Rainbows articles, research, and blogs.

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CLAIRE SLOAN

Claire is a paranormal investigator out of the UK, as well as the owner of Shadows of the Night, a professional paranormal team that specializes in public events, corporate events, and more. Claire's journey in the paranormal began more than 20 years ago after hearing many stories as a child, especially overhearing a conversation with her mom and a friend talking about how she had to move because her house was haunted.

As a child, during school holidays, she spent a lot of time visiting old castles or picnicking at old ruins. Today she is still hanging out at these places, but this time as a paranormal investigator leading her team. Over the years, she has worked alongside medium Ian Lawman, ghost hunter Ray Jorden, and paranormal investigator Robb Demarest. Claire is also a charity event organizer and radio presenter.

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Krystle is a long-time paranormal enthusiast and professional writer with a bachelor's degree in print journalism. When she isn't composing pieces for her own paranormal blog, GetSpooked.net, she's recording her popular podcast, *All Day Paranormal*.

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MICHAEL H. WHITE

Michael is a team leader, researcher, and investigator for Paranormal Research & Investigations. His interest in the paranormal began at age seven with his first paranormal encounter where he was thrown across a room by an unseen entity.

His paranormal interests include research into hauntings, ESP, PK, OBE experiences, UFOs, and cryptozoology. Having served in the military for 21 years, Michael utilizes his experience with surveillance and data collection in the pursuit of researching the unknown.

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A freelance writer, Chad is the publisher of *Paranormal Underground* magazine and co-producer of *Paranormal Underground Radio*. His interest in the paranormal led to the creation of www.ParanormalUnderground.net.

Chad has investigated with East Tennessee Paranormal Research Society and counts Waverly Hills Sanatorium, the Villisca Axe Murder House, Bobby Mackey's Music World, the Queen Mary, Queen Anne Hotel, Hotel Alex Johnson, and private residences among his investigations.

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Do you have a dream you would like to have interpreted in Paranormal Underground magazine?

Email editor@paranormalunderground.net with a detailed description of your dream, and we will interpret it for you and possibly publish it in an upcoming magazine.

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Do Paranormal Experiences Need Validation?

Personal experiences are just that, personal. I don't look for anyone else to validate the experiences I've had with science, nor do I need to. Science has a hard enough time explaining what we do understand about the world, let alone anything paranormal.

I don't think someone can truly understand the feelings of witnessing something unexplainable unless they have experienced paranormal events themselves. It's easy to sit and pass judgment on the experiences of others from comfortably behind strongly held beliefs to the contrary.

Chad Wilson, Publisher

It's easy for many skeptics to tell someone they are crazy or mistaken about what happened when all they know is the way the world is supposed to be, not the way it actually is — wonderful and full of surprises and unexplainable phenomena.

When an individual sets out in search of an explanation of paranormal events, I don't think they are looking for someone to automatically tell them the experiences are totally explainable. I think that those seeking answers are looking for like-minded individuals who have looked into the "strangeness" and encountered something they don't quite understand.

They are looking for companionship in the face of the unknown, a compatriot of sorts, someone who has seen something unexplained like they have, and who, in the end, has an understanding of such events that a skeptic does not.

It is easy to analyze a situation from the sidelines and say something is not possible because science says it's not possible.

It is another thing altogether to put yourself out there and say paranormal things are possible and should be researched fully before reaching a conclusion.

Personally, I don't think paranormal events even need an explanation. I think the purpose of these events is to open our minds to the possibilities and help us grow beyond our current perspectives.

Using my own journey as an example ... I had no idea about all of the possibilities life offered, both physically and spiritually, until I took a step outside of my comfort zone. I was once a very religious person, and at that time I didn't realize how many things in our world seem to have a wider connection.

After reading a lot of literature on the paranormal, and having many experiences myself, I developed a very spiritual outlook on life, which is much different than before. I am more open to what the world has to offer and look more closely at the experiences of others.

I also try not to pass judgment on others' experience, because I wasn't there when the event happened and thus cannot truly understand what occurred.

I don't feel we need to validate anything to the scientific community. I look at paranormal experiences as a chance to grow in our own spirituality and in our knowledge of the world around us.

In the end, who we are is a combination of the people we meet and the lessons we learn, including from our experiences. And so I think paranormal things happen to help us grow, learn, and hopefully become more accepting of the many different beliefs in our world.◆

June 1–4
The Afterlife Awareness Conference
The Red Lion Hotel on the River
Portland, Oregon
http://afterlifeconference.com/

June 9–11
Bigfoot Adventure Weekends
Salt Fork State Park
Lore City, Ohio
http://shop.grassmangear.com/Bigfoot-Adventure-Weekends_c12.htm

June 22–25
Eureka Paracon
Eureka, Nevada
https://sinister-sightings-paranormal-llc.ticketleap.com/eureka-paracon/

June 23–24
Haunted America Conference
Atrium Hotel
Alton, Illinois
http://www.americanspookshows.com/

June 29–July 2
Roswell UFO Festival
Roswell, New Mexico
http://www.ufofestivalroswell.com/

June 30–July 2
Dulce Base UFO Conference
Wild Horse Casino & Hotel
Dulce, New Mexico
https://dulce-base.com/

July 15–16
Ocean State Paracon 2016
Harrisville, Rhode Island
http://www.riseupparanormal.com/paracon.htm

July 20–23
MUFON Symposium
J W Marriott Resort
Las Vegas, Nevada
https://www.mufonsymposium.com/

July 21–23
Mid-South Paranormal Convention
Ramada Plaza
Louisville, Kentucky

http://msp.louisvilleghs.com/mid-south/convention.html

July 28–30
Kecksburg UFO Festival
Kecksburg, Pennsylvania
http://www.kecksburgvfd.com/ufo-festival-events.html

August 3–6
IANDS (International Association for Near Death Studies) Conference
The Westin Westminster
Westminster, Colorado
http://conference.iands.org/

August 5
Strange Encounters of Pennsylvania
East Taylor Fire Hall
Johnstown, Pennsylvania
https://blogguyz.com/llhlv/event/local-un-explained-phenomena/?instance_id=27

August 19
Oregon Bigfoot Festival 2017
Glen Otto Park
Troutdale, Oregon
http://oregonbigfootfestival.weebly.com/

August 24–26
Michigan Paranormal Convention
Kewadin Casino
Sault Sainte Marie, Michigan
http://miparacon.com/

August 25–27
Squatch Fest 2017
Mohican-Memorial State Forest
Perrysville, Ohio
https://www.facebook.com/events/1302610159777318/

E-mail your paranormal event to editor@paranormalunderground.net.◆

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Reiki Master, Spiritualist Healer & Angel Card Reader: Pamela Barry

By Cheryl Knight

Pamela Barry began researching and investigating the paranormal as a child after a significant paranormal experience. "I was paranormal before paranormal was cool," Pam said about her journey in the field.

She is an investigator with *The Paranormal After Party*, a paranormal reality show that airs on Fox 56, Fox 43 COX TV, and MyNet TV. As an empath, Pam can feel energies, which helps the team focus on locations rife with paranormal activity.

Pam enjoys speaking at metaphysical gatherings and lectures and providing healing to those in need. She moved to the Gettysburg area specifically to investigate the unknown, including paranormal reports from the battlefield. She is the co-owner of The Gettysburg Ghost Exchange, which sells and rents ghost-hunting equipment and serves as a location to "heal, gather, and share evidence."

Pam recently spoke to *Paranormal Underground* magazine about her background, research, and The Gettysburg Ghost Exchange.

* * * * *

Q: How did you become involved in the paranormal field?

Pam: I became involved in the paranormal field about 20 years ago, but the paranormal has been a lifelong fascination. I had an experience during my childhood that left me searching for answers constantly.

I am Native American. My grandmother was Cherokee and in the Paint Clan, so I grew up questioning and respecting spirit.

I left my 9 to 5 job in the medical field to pursue my passion for the paranormal.

Pamela Barry has spent more than 20 years investigating the paranormal. She is currently the co-owner of The Gettysburg Ghost Exchange.

The Gettysburg Ghost Exchange is owned and operated by Pamela Barry, Stephen Barry, and Anthony Romano. The store sells and rents ghost-hunting equipment and serves as a location to "heal, gather, and share evidence."

Q: Tell us about your metaphysical background and training.

Pam: I am a certified Reiki Master, trained Spiritualist Healer, and Angel Card reader who works on a vibrational level. I was educated at Lily Dale Assembly and consider it my second home.

Q: Do you do field investigations/research?

Pam: I have done many investigations in the field. I am blessed to live in Gettysburg and have been conducting studies of the battlefield, comparing the paranormal activity on the battlefield to the battle occurrences that took place there.

Q: Tell us about The Gettysburg Ghost Exchange.

Pam: I am the CEO and co-owner of The Gettysburg Ghost Exchange. I am the only female investigator to own and/or run a paranormal store and healing room. We are the largest paranormal store in Gettysburg, but we are much more than just a store. We have become a gathering place for the paranormal field.

Our motto is: "Come in as a customer, and leave a friend." I believe your business should be an extension of your home, and that's what you will experience when you step inside. Everyone is welcome, and you never know who will be in the store — from Bill Hartley (*Ghosts of Shepherdstown*) to Amy Bruni (*Ghost Hunters* and *Kindred Spirits*).

Q: What's most important for our readers to know about The Exchange?

Pam: I opened The Gettysburg Ghost Exchange because there was a need for something more than just a store to purchase equipment. There needed to be support for not only experienced investigators, but there was a need to be support for new investigators. Also, investigators see new equipment, but now they get to use it before they purchase it, feel it in their hands to see if that's the piece they really want. And, also, we offer space for new inventors to get their equipment into the hands of investigators.

We deal not only with the most experienced in the field, but also the new guys, so we offer the best of both worlds.

Q: What's in store for the future?

Pam: I am looking forward to continued investigations and working in the metaphysical field to not only bring healing to people in need, but also healing to spaces and places, on a soul level, to help those cross over and to bring closure to those in need. To cleanse and return those in need and spaces to a higher vibration.

As far as The Gettysburg Ghost Exchange, we intend to keep growing and supporting the field. We also provide investigations throughout Gettysburg. We always keep our groups small so that you get the most out of them. And we provide equipment, so come see us, and you will see just how truly different we are.

* * * * *

To learn more about Pamela Barry and The Gettysburg Ghost Exchange, visit www.gettysburgghostexchange.com. ◆

THE PERMANENTS:
A PARANORMAL CASE STUDY

By Michael H. White, Paranormal Research and Investigations

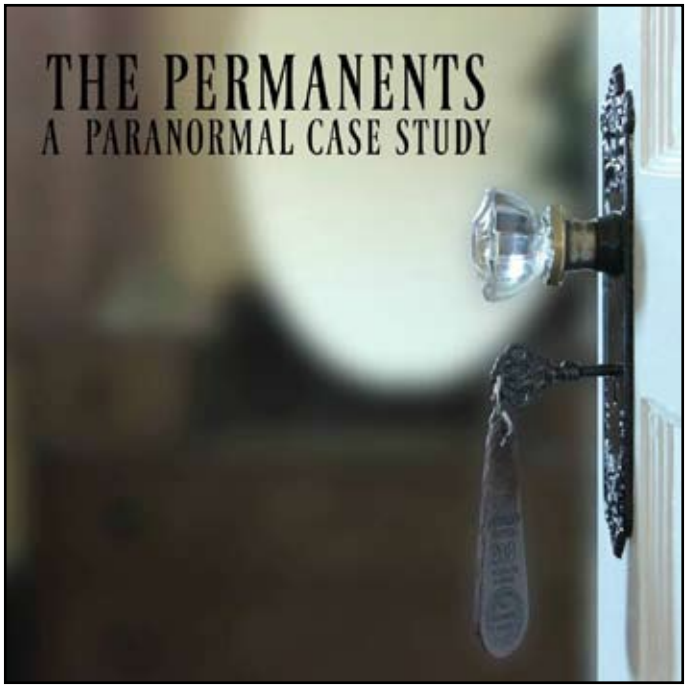
The town of Wheeler, Oregon, originally started as a lumber town entirely under the vision of Coleman Hawley Wheeler, a Canadian who came to the states in the late 1800s. Having worked for a lumber mill in Minnesota, Coleman studied and learned the timber industry and eventually purchased the land that is now known as Wheeler.

And in the center of town, overlooking the picturesque Nehalem Bay, stands the Old Wheeler Hotel. A tranquil establishment decorated with antiques and old-style charm, the hotel has become a destination for people wanting to spend time away from the standard hotel chains yet still desiring modern conveniences. Along with its elegant character and excellent décor, the hotel has an added feature that it does not advertise: It is haunted.

Unlike the haunted houses and hotels featured in Hollywood movies, the haunting in the Old Wheeler Hotel is quite different. This haunting is not scary; in fact, here the haunting seems perfectly natural. As guests of the hotel feel comfortable within the establishment, so do the unseen guests that reside there. A delightful coexistence between temporary guests and the permanent guests has been ongoing for years.

The Permanents: A Paranormal Case Study is a responsible attempt to tell that story without using the supernatural gimmicks that Hollywood relies on to portray paranormal activity. Every building has a story. Some just speak louder than others.

The Permanents film, to be released in 2018, is currently in production. The owner of the Old Wheeler Hotel, Katie Brown, after years of turning away sensationalized "investigation" productions has embraced a few individuals who she has learned to trust for their sensible and respectful investigation practices.



***The Permanents: A Paranormal Case Study* film, due out in 2018, spotlights the haunting activity within the historical Old Wheeler Hotel in Wheeler, Oregon.**

The production features Casey Goodwin and Jay Verburg of Oregon Paranormal, Neil McNeill of Paranormal Studies Institute, Ben Robison of Autonomous Studies of the Enigmatic & Paranormal, and Michael White of Paranormal Research and Investigations. Each researcher brings their own perspective and skillset and also fulfills all

Pictured above (left to right) are Ben Robison, Neil McNeill, Jay Verburg, Michael White, and Casey Goodwin. Known as The League of Extrasensory Gentlemen, *The Permanents* cast came together to collaborate on paranormal research.

the roles for the production, which removes the tendency for sensationalism.

The filmmakers were asked about what makes this film different than other paranormal films, and their answers were insightful and thought provoking.

"I think what sets our film apart from what's being done now is that The Permanents will harken back to shows like In Search Of and Unsolved Mysteries, a time when the focus was more on the investigational process and intricacies of an actual case study, no spooky setups, gimmicks, or jump scares," said Casey.

> **"Fear doesn't need to be introduced when we deal with the afterlife."**
>
> — Jay Verburg, Oregon Paranormal

Jay also explained, "Our goal is to show the truth in paranormal investigative research and experimentation. Fear doesn't need to be introduced when we deal with the afterlife. Many cultures coexist and honor the dead. When it comes to the Old Wheeler Hotel, those who work and live there often embrace the 'permanents' as caretakers, or even family that look out for them. There is a relationship which I believe many individuals of 'haunted' locations often feel. We wanted to do this to show that it doesn't have to be a demon, it doesn't have to be scary, and one doesn't always need to be afraid."

Ben had this perspective: "We are not tackling this documentary from the normal paradigm viewers are used to coming out of Hollywood. Rather it is our intention to shed light on the fact that our research does not need to be scary. It is about critical thinking and showcasing a beautiful location steeped in history. Critical thinking, which seems to be lacking these days, will be the dynamic that I believe will shine through on this particular film."

→

The Permanents: A Paranormal Case Study **film focuses on firsthand paranormal accounts, insightful interviews, historical research, and sound investigating principles of the haunted Old Wheeler Hotel in Wheeler, Oregon. Pictured above is the entrance to the hotel, one of the hotel's rooms, and a view from the hotel.**

Neil, an authority in paranormal studies, stated, "This film does not represent the typical sensationalized 'ghost hunt' prevalent in the media, which are usually carried out in the dark for thrills, notoriety, or ratings. This is a methodical and experienced approach that gives a straightforward view of actual field research, one which requires careful study and critical thinking. Our audience can expect an honest and insightful portrayal of a case study in the making, as well as a thorough overview of the history, science, and theory of paranormal investigation that is based on over a century of scientific inquiry."

According to Katie, "It does not feel to me as if this is a piece about exploiting a property that is known to have activity. The film is being conscientiously constructed to build a story behind 'why' it may be possible that souls have chosen to remain here."

When asked about her relationship to the establishment, Katie replied, "The Old Wheeler Hotel owns me."

One of the focal points in the film is the rich history of the town and the hotel. "The Old Wheeler Hotel started as the Rector Hotel on the adjacent lot, but it burned down in the early 1900s," Jay said. "Around 1918, the building was reconstructed, but built out of lath and concrete — not plaster. Using concrete, the building would never burn down again.

The bottom floors were various businesses, such as a coffee shop, barber shop, drug store, shoe shine, and even a dance hall on the street level. On the basement level, there have been rumors of a gambling hall, speakeasy, and, of course, a brothel. Back in the day, there were no laws against prostitution."

Neil revealed even more about the production. "Several of the Northwest's most prominent investigators and researchers of paranormal phenomena recently combined their specific interests and expertise into a mutual association, affectionately dubbed 'The League of Extrasensory Gentlemen.'

They are joined in this undertaking by other experts and individuals who are involved in the paranormal field. One key contributor to the documentary is Katie Brown, owner of the Old Wheeler Hotel, which serves as the backdrop and investigative focus of the film."

The film will also include guest interviews by Loyd Auerbach and others.

Production has been ongoing since 2016, and with a release date of sometime in 2018, the filmmakers are concentrating on telling a factual story more than adhering to a commercial deadline.

Updates on the film can viewed at www.facebook.com/ThePermanentsFilm/, and a teaser video can be viewed on www.thepermanentsfilm.com.◆

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THE AWAKENING:
PSYCHIC AND SPIRITUAL ENLIGHTENMENT

By Jill Marie Morris, www.jillmariemorris.com

Psychic and spiritual enlightenment happens to many, and with good reason. It is a unique and personal evolution of the entire human experience. Collectively, these experiences are meant to assist you on your journey, and regardless of the positive connotations it may carry, it is often viewed as one of the deepest, more challenging life events.

Let's face it, as incredible as an awakening can be, it can also be downright frightening. Many question their entire foundation in faith, while others have questioned their sanity. Some have questioned both.

Why bother, you ask? That's the frosting on the cake. Once you push through a period of psychic and spiritual development, the benefits to your emotional, physical, and spiritual body are often wondrous.

Life is filled with profound periods of psychic and spiritual enlightenment. There is no one, specific trigger, but more so several contributing factors that can lead to an awakening. Again, taking into consideration the individual, the experience tends to be unique.

Triggers

Activation of an awakening may be immediate, or it may take place over time. They may be simple, or they may be complex.

Everything is on the table when it comes to prompting an awakening, yet it usually begins after some type of crisis, including but not limited to emotional, physical, and spiritual calamities. A health scare, divorce, death, and even natural disaster can eventually lead to a period of enlightenment.

On an interesting note: Informal research indicates that hormonal changes (male and female), such as puberty and menopause, may trigger an awakening.

Issues related to an awakening tend to be motivating, rather than demotivating, even withstanding tragedy and loss. Moving forward from the trigger will allow one to eventually understand that change and pain are often ways people grow and, in turn, help one another.

Signs of an Awakening

Perhaps the most frequent characteristic of a psychic and spiritual awakening is the feeling that something is not quite right. Something is different. People experiencing this may simply state that they cannot describe exactly what that feeling is, but they know that it was not there days, or even moments, before.

At times, an enlightenment can be described as an epiphany or an aha moment. Keep that thought in mind, as it will circle back later in this article.

Following this distinctive sensation, individuals often feel an internal call to action. This is an instinctual reaction to seek knowledge pertaining to the situation. It is a quest of the entire being led blindly, not by coincidence but rather by synchronicity.

During this time, instances of precognition, ESP, and visions may take place. One may also notice they are more in-tune from an empathic standpoint and notice a sensitivity or heightened sense to pick up on the emotions and feelings of the living.

An individual going through an awakening may suddenly begin to hear, see, and feel things they had not before. These elements can lead to self-doubt, as well as a feeling of instability. Often, individuals will think they are going crazy.

AN ENLIGHTENMENT CAN BE DESCRIBED AS AN EPIPHANY OR AN AHA MOMENT.

An important aspect that will help in determining if you are experiencing an awakening, or something else, is the fact that enlightenment will always be associated with positive feelings, such as hope, love, and a thirst for information relative to an internal process taking place. Many describe it as a sense of wonder.

Any feelings that may be negative, self-destructive, or dangerous toward one's self, and/or others, are not related to an awakening. Depressive moods, aggressive actions and thoughts are an indication one may need to seek professional, medical assistance. Emerging and developing traits based upon the crisis or situation will be somewhat concise, so if a person begins on a bad foot, with unhealthy thoughts, it's indicative they are not experiencing an awakening.

What to do?

The first decision that needs to be made is whether to embrace the awakening and continue with the lessons and experience or to ignore it. There is no gray area of indecision. You must accept it or decline it.

The truth of the matter relative to decision-making comes from accepting that if one chooses to experience their awakening, there will be challenging and difficult times ahead. It will also require a great deal of patience and open-mindedness.

Most always, an enlightenment requires the individual to give up or let go of something. This may include past behaviors and even prior religious belief. To proceed, there is a need to be open to the lessons and life changes that will begin to reshape your life in a positive manner.

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Stages of an Awakening

The Motivation: A defining trigger (or series of events) will begin the change. This may be referred to as the motivating factor(s) that leads to acknowledgement and acceptance of the enlightenment.

The Knowing: Once someone embraces the awakening and decides to move forward with it, they will begin knowledge-seeking and personal introspection without barriers. This includes listening to others, as well as your intuition. It also includes a specific feeling I refer to as The Knowing. Nobody will need to validate the thirst for information related to your personal quest. Allow your intuition to guide you to helpful resources that will nourish and satisfy your Spiritual Self.

During this stage, it's wise to discuss your feelings and experiences with other like-minded individuals, as well as read and research various topics you are compelled to learn about. Additionally, workshops are also helpful, as is learning to meditate on a routine basis.

The Empowerment: Upon grasping and utilizing your newfound gifts, you will feel a definitive sense of empowerment and satisfaction. You will acknowledge that the awakening has helped you in a positive manner and will also empower you to help others. The evolution of the student-teacher cycle is kicked into a daily awareness.

The Connection: Once you have fully accepted the entire journey brought forth by the awakening, you will feel a deep connection to God, or the Divine. Your trust in God, or the Divine, will be strong. You rely on God, or the Divine, for inspiration and for guidance in good and bad times.

Obstacles will be perceived as part of the life path, and problem-solving, as well as celebration of compassion, love, and joy, will be directly related to your connection to God, or the Divine. This is an incredibly powerful connection that comes from within the Spiritual Self and radiates outward, sending positive energy into your immediate environment, as well as into the Universe.

The Impact

An awakening will influence the total human experience. Initially, there may be periods where one may notice boosts of energy followed by a tendency to feel somewhat depleted. These feelings are teaching the need to understand that life is a constant balancing act.

Eventually, the awakening will lead to increased energy and bring forth a greater appreciation and awareness that the human body is a temple. This process transpires from The Motivation stage and settles down once the individual enters The Empowerment stage.

Mentally, there can be many high-low swings, but the biggest impact is learning to let go. One may have days they may feel foggy or mentally and emotionally sluggish. Yet, in time and with retrospect, a significant sense of clarity will prevail. Typically, this occurs when one moves from The Empowerment stage to The Connection stage.

Spiritually, the impact is deeply profound and is a culmination of all other processes. The Spiritual Self will find complete peace. All aspects of the awakening will come together and provide a newfound insight and more meaningful understanding of the life journey.

One of the biggest impacts an awakening can bring is the ability for someone to forgive. Forgiveness does not mean one is simply forgetting about an issue or person; it means they are set free from past negativity. They are now better equipped and able to see that The Connection with God, or the Divine, is vastly more important than harboring anger, frustration, pain, regret, and so forth. Most often, this is that aha moment that comes full circle — from start to finish.

It is important to understand a person may experience a single awakening or many during their lifetime. Each instance is to enhance the human experience, but only if the individual undergoing the enlightenment understands and accepts that it is not an easy process.

To completely embrace an awakening and all that it involves can be one of the most incredibly scary, yet rewarding, life events. By undergoing this process, you will have a better appreciation of the fact that at times we are students and at times we are teachers.

Mostly, an awakening will instill a positive sense of your physical, emotional, and spiritual being, which will help you navigate your path. The result: Your Spiritual Self will be filled with gratitude and tranquility. What more could you ask for? ◆

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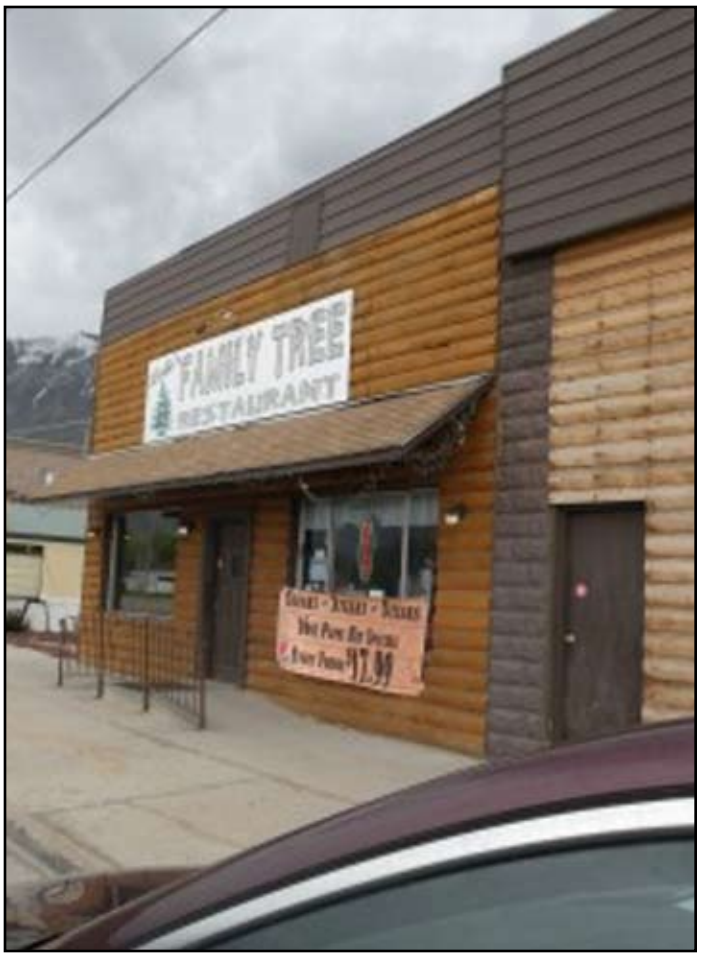
The Haunting of Leslie's Family Tree Restaurant

By Rainbow Radaelli, www.TruthSeekerHighway.com

Being a sci-fi fan and paranormal enthusiast, it's common on a few evenings each week for me to watch *Ghost Adventures* or *The Dead Files* to get my weekly fix of high strangeness. One evening I was watching *Ghost Adventures*, and to my surprise they were in Santaquin, Utah, filming at a family restaurant.

I checked out where the town was located, and it was just a short distance away from where my husband and I lived at the time, under an hour to be exact.

I enthusiastically told my husband about Leslie's Family Tree Restaurant, and we decided to head out and visit it the following weekend. I called the restaurant to let them know we would be coming, and as luck would have it, Leslie, the restaurant owner answered the phone. She was a real sweetheart and down-to-earth kind of gal. We talked a short while, and she even told me a few stories of her own experiences. But before I get ahead of myself, let me give you some history of the town.



After seeing Leslie's Family Tree Restaurant in Santaquin, Utah, featured on the TV show *Ghost Adventures*, paranormal investigator Rainbow Radaelli visited the location to learn more about its haunted history. The site is said to be home to all types of paranormal activity, including both visual and audible phenomena.

Is Haunted History Behind the Hauntings?

Santaquin was settled in 1851 by Mormon pioneers. Soon after, the Walker War began, lasting from 1853–1854. The war started with a confrontation with James Walker Ivie, which resulted in the death of several Timpanogos (also known as Ute) tribe members. The war had to do with trade interruptions and hostilities between the Mormons and the Native Americans. Because of conflicts and raids, each side retaliated, resulting in the loss of life on both sides.

Interestingly enough, the deaths and burial ground of some of the Ute Indians is part of the hauntings of the restaurant since it was supposedly built on Native

American burial ground. There are some spirits who, for some reason or another, have decided to stay within the confines of the restaurant.

Leslie told me about a ghost with a sense of humor who was behind her and said, "Boo!" She laughed at that one.

She also saw a little girl who insistently tried talking to her. It appears as if Leslie is seen as a motherly figure, and I can also see that they acknowledge her as the matriarch of the restaurant.

Touring the Restaurant

The weekend came when we finally arrived at the restaurant. We were greeted by friendly smiles. As I looked around the large seating area inside, it was evident by the many photos on the wall that Leslie and her family were leaving a legacy all their own. It was a warm and friendly place, but you could also feel something in the room, almost like eyes upon you. It could have just been all the photos on the wall; or, maybe, it was the eyes of patrons from long ago.

We let some of the wait-staff know we were paranormal investigators, and they enthusiastically started talking to us about their experiences. Charlotte, Leslie's granddaughter, came over and volunteered to give us a tour after our meal.

As we were eating, Charlotte told us about a female ghost in the women's bathroom, who could be heard crying. They believe she is a woman who lost her child to drowning a few streets behind the restaurant many years ago. When I later investigated the bathroom, it seemed like an average bathroom at first. But then a little melancholy set in, and I started to feel a bit emotional.

There is also a dark spirit that is said to reside in the men's bathroom. During the *Ghost Adventures* episode about the location, Zak Bagans tried to agitate the spirit. This dark spirit allegedly scratched a visitor on one of the ghost tours the family offers. Zak tried to communicate with the dark spirit and called upon it to show itself. In that particular instance, he also supposedly was scratched.

We followed Charlotte into another room that they presently use for parties and events. Years ago, it was used as a bar. The room felt very heavy when we entered, and I believe this is where a majority of the spirits congregated, especially those connected to the illegal gambling that took place down in the basement years ago.

Charlotte said they were able to get two spirits to communicate with them in that room. These spirits have been known to turn off and on flashlights when answering questions. She also revealed that during a voicebox session, two names came through, Peter and Henry. Henry for some reason messes with electronics, and they think that Peter is the one talking to them via the flashlights.

The family was told that at any given time, they have more than a hundred spirits coming in and out of the restaurant, hanging out or communicating with people. I also heard there was a vortex in the restaurant and immediately got the impression that it was in a bathroom adjacent to the party and event room. The bathroom had a brick wall painted a dark, brownish red. It literally felt like a doorway, so I asked Charlotte if there used to be an entrance there. She said, "No."

You could actually feel the spirits coming in and out through the wall. It made sense to me because the room seemed to be full of spirits that were all talking at once, as if they were actually in a bar or gambling room. At times it felt as if the room was beyond its capacity in spirits.

Pictured above: Rainbow (at left) poses with Charlotte, the restaurant owner's granddaughter, during her visit to the haunted eatery.

Next, we ventured down into the basement. In order to get there, Charlotte had to open up a wooden door from the floor that revealed steps going down into a pitch-black room. It was like stepping back in a forgotten time.

As I stated before, the building is thought to have been built on top of a Native American burial ground. If this is the case, it seems nobody bothered to relocate any of the graves. It's obvious why these particular spirits would be upset.

Imagine, a place where your loved ones were once buried, and all of a sudden someone comes along and builds a structure over their gravesites with no apology. It's really unthinkable.

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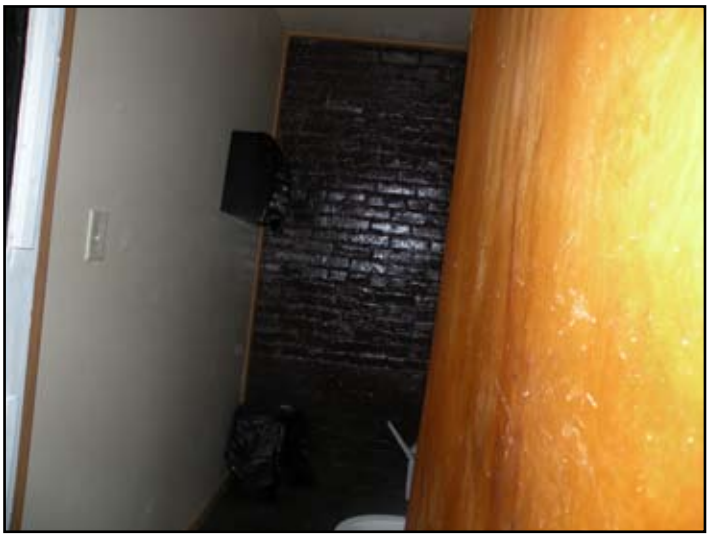


Pictured above, top: A look inside the restaurant. Pictured above, middle: Rainbow captured strange visual anomalies during her visit to the location. Pictured above, bottom: Rainbow sensed a vortex located at the brick wall in a bathroom inside the restaurant.

As I stood in the middle of the room, I was greeted by a spirit who looked like a young man in his early 20s, shirtless, wearing leather pants with a small pouch hanging from his neck. He had long black hair that was disheveled. I didn't sense he died from a gunshot wound; more so, I got the impression that he died from some type of consumption.

All in all, I saw seven spirits down there. They were very unhappy and I personally think that the dark spirit that scratched the visitor in the men's bathroom was probably one of the seven spirits I saw in the basement.

I told Charlotte that if they cleaned up the basement and paid homage to the spirits who were thought to be buried there, they would dissipate their animosity. I suggested a Remembering Blessing that the family members could do to appease the spirits and let them know they were not forgotten. To be forgotten for many of us is a fate worse than death; it would be a prison of inconsequence.

Amy Allan from *The Dead Files* commented that Leslie would need representatives from different religions to come together and do a ceremony to help appease the spirits at the restaurant. Leslie told me on the phone that it was basically impossible to do, and I have to agree with her that it would be difficult.

If they could get a medicine Man from the Ute tribe and a bishop from the Mormon faith to come and do a Blessing of the Spirits, this would be a start. Included in the ceremony would be an intermediary, such as an empath or healer who is not from either group. This person would stand between the bishop and medicine man as a go-between.

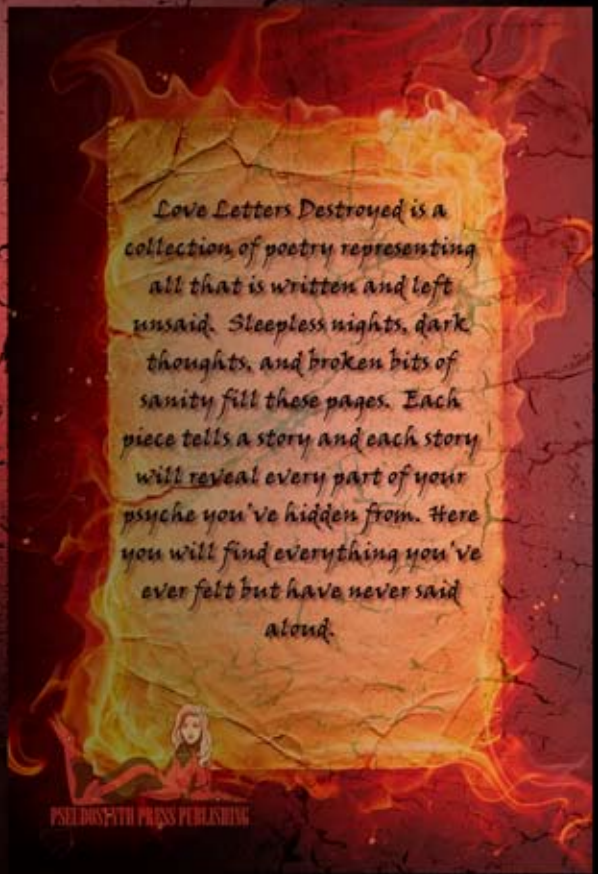
The medicine man would have a pouch of prayers as an offering, and the bishop, a written Blessing of Accession. If both representatives could do this type of ceremony together, I believe the hostility would dissipate with time and there would be a lighter feeling down in the basement and throughout the restaurant.

It would be nice if each year around September, during the Day of the Dead celebrations, they could integrate into their family tradition an offering of remembrance to the spirits of yesteryear.

At the end of our tour, we said goodbye to Charlotte, and felt we had just made a new friend. To Leslie and her family, we would like to thank you for your gracious hospitality and to the spirits of Leslie's Family Tree Restaurant, rest assured, you are not forgotten.

To see a recap of *The Dead Files* episode of Leslie's Family Tree Restaurant, visit http://www.travelchannel.com/videos/family-tree-restaurant-recap-0185764. For *Ghost Adventures'* coverage, visit http://www.travelchannel.com/shows/ghost-adventures/photos/ghost-adventures-leslie-family-tree-pictures. ◆

Love Letters Destroyed is Winter Balefire's first book of poetry now available at Amazon, Lulu, Barnes & Noble and all fine retailers that sell great books. Pick it up in eBook and signed paperback editions today!


Love Letters Destroyed is a collection of poetry representing all that is written and left unsaid. Sleepless nights, dark thoughts, and broken bits of sanity fill these pages. Each piece tells a story and each story will reveal every part of your psyche you've hidden from. Here you will find everything you've ever felt but have never said aloud.
PSEUDONYM PRESS PUBLISHING

Unscrambling the Mystique & Inscrutable Character of an Undercover Alien Hunter & Whistleblower

Sean Casteel, www.spectralvision.wordpress.com

Most discussions of Commander X begin with this question. Who the heck is he REALLY? This issue is grappled with in the newly released book, *The Commander X Files — Updated — Identifying the Real Commander X.*

In this most recent offering of Commander X's prolific works — as published by Timothy Green Beckley's Inner Light-Global Communications publishing house — the cover teases that the book will identify the "real" Commander X.

Which is true up to a point. But revealing the literal, physical, human identity of Commander X would endanger not only Commander X himself, but also many of the people with whom he works as he labors to bring the truth of so many government/alien conspiracies to the attention of that portion of the reading public who are receptive to his general message. The truth can set you free, but it can also lead to imprisonment or assassination, a familiar threat to those who conceal their identities and sources of information as a necessary requisite to doing business.

Who is the mysterious military operative identified only as "Commander X" in a series of pop culture UFO books?

An Important Revelation

But Commander X has sanctioned that a little information about his working methods can be uncovered at last — the fact that his writing was often corrected and made more readable by the late Jim Keith, a conspiracy theorist whose story is also a fascinating one in itself.

As Beckley writes in his introduction to *The Commander X Files — Updated,* it's all gotten a little complicated over the years. Still, Beckley does offer some tidbits he hopes readers will find satisfying.

"I am going to tell you something that I have never revealed to anyone else before. Some of the books by Commander X were not written in their entirety by him. He had help," Beckley writes.

Beckley first addresses the accusation that Commander X is just another disinformation agent. He defends the Commander by saying that the secretive figure had always been aboveboard and honest in his dealings with Beckley himself, which is all Beckley can really know.

"True, I have never met him in the flesh, but in the 'old days' we did exchange correspondence and a couple of telephone calls. I think if you have been an avid reader of the Commander X books, you will agree that he has made some striking revelations," Beckley continues. "He says he worked at Area 51. That he knows about the underground base at Dulce. Was involved in the government's teleportation program."

Many abductees have remembered under hypnosis that they were "manhandled" while being held captive by a group of ultra-terrestrials identified as the Grays.

Writing on the Fly Isn't Easy

But Commander X was continually on the run from his enemies, whether they were part of the international cabal or the aliens themselves.

"Often he would submit a few pages at a time, ramble on a bit, and not complete a project he had started on in all earnest," Beckley explains. "Even as a small publisher, we had to adhere to some sort of schedule for the release of a new title. In order for us to fit into a specific time slot, we had to get the good Commander a bit of literary 'help.' We had to find someone who could polish up a manuscript and fill in some of the blanks. Nothing drastic, mind you, but you still can't put out a book that is full of incomplete thoughts and not rendered in a professional manner."

> "If you have ever been into alternative topics, such as black ops, UFOs, and mind control, you probably have a number of Jim's [Keith] books close at hand."

So Beckley turned to the aforementioned Jim Keith, a writer who was quickly establishing himself as a prominent conspiracy theorist.

"If you have ever been into alternative topics, such as black ops, UFOs, and mind control, you probably have a number of Jim's books close at hand," Beckley writes. "His most important works include *Saucers of the Illuminati*; *Mind Control, World Control*; *Casebook of the Men in Black*; *Black Helicopters Over America*; and *OK-Bomb!* Unfortunately, tragedy struck at an early age, when Jim Keith passed away suddenly — some say under mysterious circumstances."

Beckley draws on writer Peter Robbins to fill in some of the background. "Jim was truly a conspiracist's conspiracist," Robbins writes. "He spoke at numerous conferences about conspiracies and contributed many articles to journals and magazines. He did not subscribe to the extraterrestrial theory of UFOs and viewed the phenomena as human in origin. He felt that the craft involved were entirely the product of highly classified governmental programs, employing advanced technology."

In September 1999, Jim was attending "Burning Man," a week-long arts festival held annually in Black Rock, Nevada, when he broke his knee in a fall from a stage. He underwent emergency surgery in Reno, Nevada, where he resided. During the operation, a blood clot was released and entered his lung, which was the official cause of his death.

"It's particularly tempting to yell murder when someone so dedicated to conspiratorial thinking and to

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bringing government abuses and cover-ups to the attention of the public dies under such freaky circumstances," Robbins writes. "If the blood clot was not the cause of his death, as some still maintain, I doubt if we will ever learn what in fact it was."

Was Jim Keith the "Real" Commander X?

Beckley resumes the narrative by writing: "Interestingly enough, at about the same time as Jim Keith's passing — whatever the cause might have been — a wild rumor started to circulate. It was being said that Keith was in reality the mysterious Commander X. These rumors were denied by Keith himself and verified by at least one close friend who thought Jim had taken him into his confidence."

Beckley continues: "Actually, Jim was not lying or covering up for Commander X or, for that matter, our publishing company. He was NOT Commander X. There was — and still is, somewhere out there — an actual Commander X!"

Was Jim Keith the "real" Commander X?

A Day in the Life of the Good Commander

Having dealt with these weighty facts and suspicions, *The Commander X Files — Updated* moves on to the writings of Commander X — as told to Jim Keith.

The first chapter, called "Escape to Abduction," is a thrilling opener, as it recounts the story of Commander X being warned by a phone call from a friend in the intelligence community that the Commander's cover had been blown and he should "run like hell." As he flees, his pursuers (whom he calls "hired murderers who had been hunting me for years, ever since my defection"), he philosophizes that, "I had given it my best shot, and that was all I could do. I had done my best to warn the people of the world about the secret government and the gray aliens and their plans, and if I didn't last another day, it would have all been worth it."

Commander X arrives at a grassy overlook at the shoreline of the Pacific Ocean. Thinking he has managed to conceal himself from the human element, he is struck by the sight of two unmarked black helicopters in "whisper mode" who obviously know where he is. They are followed quickly by the appearance of an alien craft, which he calls "truly beautiful in a purely artistic way." The craft shoots a cool white beam of light from its underside that engulfs the Commander in the most intense fear he has ever felt.

"I was about to say that that was when I blacked out, but the term isn't appropriate," he writes. "I whited out. I knew no more."

A typical day in the life for Commander X? It would be a little daunting, to say the least, if that was the case. But the fact of the black helicopters working in concert with an alien ship does serve to illustrate one of Commander X's primary operating assumptions.

"The most horrifying truth that ever confronts a researcher into UFOs and aliens is the realization that, at a certain point, forces within the U.S. government capitulated to and, at least to a certain degree, joined forces with the aliens in their goal to dominate the Earth," he writes.

A Revealing Clandestine Conversation

As an example of the treachery of the gray aliens, Commander X presents a short Q and A with a woman he calls "Miss N," who was employed as an executive secretary at what is known as the Alien Technology Center (A.T.C.) at an Air Force base the Commander declines to name. The A.T.C. was a secret "sub-facility" that has been in operation since the 1960s.

"It had been believed until recently that this area of [deleted] was under the control of the human forces and engaged in researches positive to human aspirations, but subsequent events showed that this had been a ruse fostered by the gray aliens," Commander X writes.

The Commander explains that he often travels incognito to UFO conferences around the country in order to chat with the attendees. Along with the gawkers, the debunkers, and the merely curious, he says one also meets individuals with a real knowledge of the planetary situation.

One such savvy attendee was the aforementioned Miss N, whom Commander X calls "articulate" and "perfectly rational." He first met her at a UFO convention, and she continues to be one of his informants.

"It was apparent to me after speaking with Miss N for a brief while and after having her pull me aside to see the array of government identification cards which she carried in her wallet, that she knew about what she spoke," he writes. "While she was terrified and was looking for someone to ease her mind about what she had witnessed at [deleted], she was also privy to an otherwise unreported instance of alien betrayal by the higher-ups in the military."

Here are portions of Commander X's dialogue with Miss N, as transcribed from an audio recording:

X: You alluded to a "shutdown" and a "cover-up" at the A.T.C. portion of the base in 1991? I hadn't heard about that. Could you give me some additional details?

Miss N: I'm surprised you didn't hear about it considering your connections to the military. I won't pretend I'm not scared telling you about all of this. They came in, came right into the lab area ...

X: Who came in? Military intelligence?

Miss N: It was totally transparent what happened. My God, who do they think they are? The talk had been going around that the scientists in Section G, which supposedly dealt with antigravity research from what I heard, had made a big breakthrough. We thought that was supposed to be the purpose of the center, to actually make scientific discoveries, so I guess nobody was trying to hide what they heard. But that wasn't it at all. It was only supposed to look like that.

X: I'm not quite following you. What happened?

Miss N: Really, I can't believe that you didn't hear about this. I heard it was a directive, straight from the grays, that was issued to the brass at the A.T.C. An ultimatum, I guess. They terminated the scientists in Section G, and they tried to cover it up by ...

X: Terminated? Do you mean ...

Miss N: You know as well as I do that I don't mean "fired from their job." I mean they killed them; they killed four scientists in the A.T.C., and they tried to cover it up, pretending it was radiation poisoning. They sent the hit team into the compound ...

X: Humans?

Miss N: Yes, I'm sorry to say it was humans who did the job. They came into the lab dressed in radiation suits, and the alarms were going off. I heard the shots, even though they used silencers. I heard the shouts and the crashing of equipment. It didn't last long, maybe three minutes total. I think you understand as well as I do what the situation is. The research is a total fraud, a cover-up, and they're keeping the scientists pretty much tethered, giving them little bits and pieces of information and technology. They know that if we know what they know, then we can fight them, maybe even win. God help me, I hope no one saw me talking to you.

Commander X says he now ponders whether the signing of a treaty with the EBEs was a positive choice for the people of Earth.

The foregoing conversation between Commander X and Miss N puts in a nutshell so much of what Commander X is all about. There is the collusion between the secret government and the hostile gray aliens, aliens who sometimes masquerade as benefactors to mankind. There is the cloak-and-dagger meeting with an informant who fears being murdered even for speaking in secret. There is an "ear witness" to an unlawful execution of government scientists who somehow drew the anger of the gray aliens by going too far with a technological breakthrough, a breakthrough they had been told they were supposed to pursue.

"I agree with Miss N's assessment that the alien forces will stop at nothing to keep humanity in the dark about advanced technology, while at the same time pretending to offer it to us," Commander X writes.

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Unmarked choppers upon occasion have been seen in association with unidentified flying objects. Particularly well known is their connection to the Cash-Landrum case during the 1980s in Texas.

Human Robots and Mutilated Cattle

In another recent offering from Inner Light-Global Communications, entitled *America's Top Secret Treaty With Alien Life Forms*, Commander X discusses similar themes of a secret branch of the government's longtime conspiracy with the gray intruders.

"Primarily, what the government doesn't want people to know is that an actual agreement was drawn up between the military and the group which John Lear and others have identified as the EBEs (short for Extraterrestrial Biological Entities)," he writes. "The key figures taking part in this scenario had no reason to suspect anything but the best from what they had taken into their confidence.

"The EBEs said they wanted to take a few humans for examination, that they had actually seeded the planet at the time of creation, eons ago, and simply wanted to keep track of their scientific experiment. For being allowed the privilege of abducting members of the human race on a limited basis, they were seemingly willing to give us scientific data which would greatly enhance our technology."

According to Commander X, what the government didn't realize was that the aliens planned to abduct tens of thousands of people, plant monitoring devices in the abductees' brains, and program them with specific series of responses to direct commands. In other words, the aliens were going to take a much bigger bite out of the human population than what was agreed to and then take complete control of their victims' unsuspecting minds.

"The EBEs — also behind our backs — began to mutilate cows and other animals because they wished to use their tissues to create a genetically advanced race of flesh and blood robots," Commander X writes. "When the government realized what the EBEs had in mind and wanted to go back on their agreement, the aliens took over several of the bases where they had already installed underground laboratories."

The Purpose at Hand

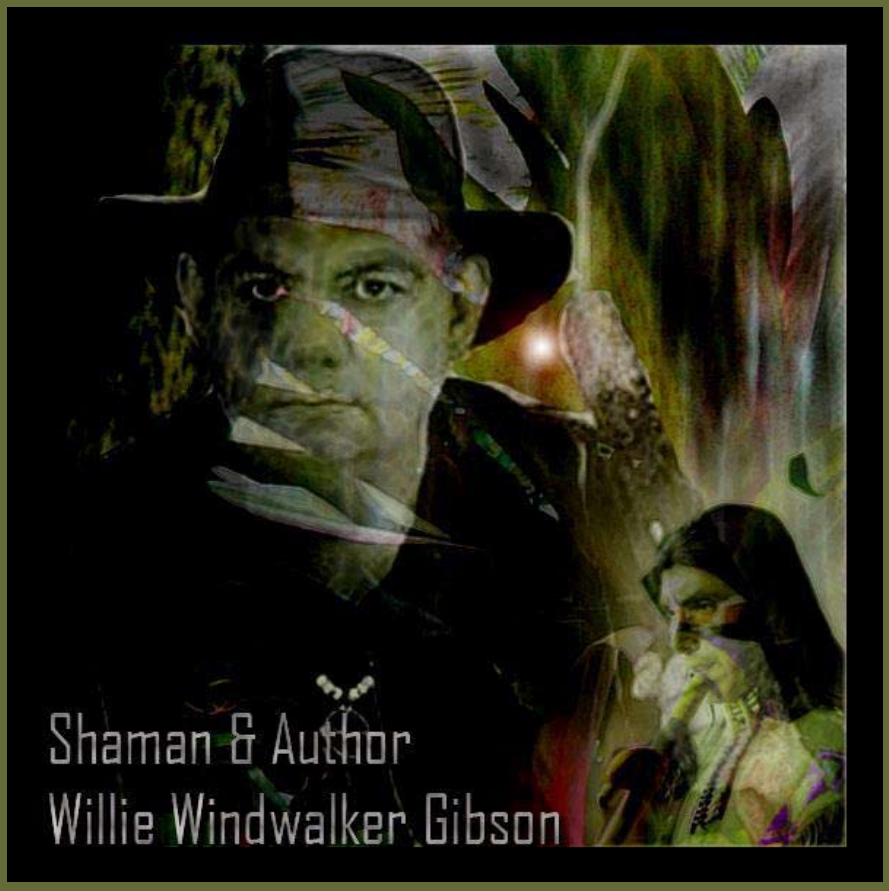
As someone with close military ties, Commander X says he is in a privileged position to know what is going on. He feels it is his patriotic duty to reveal all he knows regardless of the consequences.

"This conspiracy has gone on far too long, and it surely would continue were it not for the few brave souls who have literally risked their very lives to leak the story of the century to a public that has been left in 'blissful ignorance,'" he writes. "I can testify to the fact that this conspiracy leads right up to the front gate of the White House and behind the walls of the Kremlin; for it is a secret that all the major world powers share but continue to keep to themselves for fear of what the repercussions of their actions and the eventual outcome of the situation may be."

One would certainly hope to be among the "few brave souls" Commander X refers to and do one's part to help to break the leash the grays and their government allies hold us to heel with, to use an unfortunate "dog" metaphor. In taking up the struggle, the reader should begin by familiarizing oneself with the books of Commander X, which are published to the potential peril of many in the fields of UFO and conspiracy research. Let us hope that there is still time to undo the damage that has already been done.

Suggested Reading List and Audio/Video Archives:

- *The Commander X Files — Updated*
- *America's Top Secret Treaty With Alien Life Forms*
- *The Controllers: The Rulers of Earth Identified*
- *Underground Alien Bases*
- *Mr. UFO's Secret Files* on Youtube.com (Over 130 Interviews) ◆



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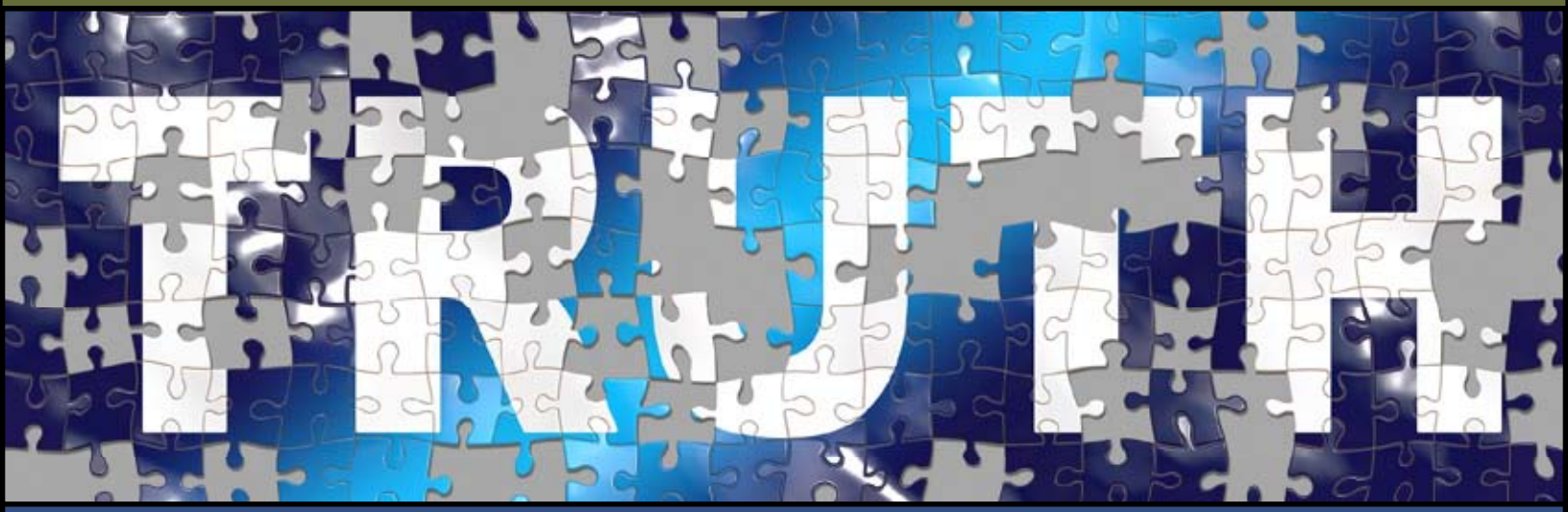

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The Haunted Doll Okiku

BY ASHLEY HALL, WWW.THEPARANORMALGUIDE.COM

Located in a little wooden box on display in the Mannenji temple in the town of Iwamizawa, Hokkaido, Japan, stands a small, 40-centimeter doll, which takes pride of place as part of a shrine.

This doll is no ordinary doll, as every year its hair needs to be trimmed, as it grows. The hair is allowed to grow till it hits knee length on the doll, then is trimmed back to just below shoulder length. Now I am not exactly an expert on such things, but I was always under the impression that a doll's hair does not grow.

The hair has been growing for at least the past 75 years, and it is from this that the shrine has become famous.

The doll was bought in Sapporo by 17-year-old Eikichi Suzuki in 1918 for his two-year-old sister Okiku. He was visiting the area for a marine exhibit, but upon seeing the doll in a shop window, he knew at once that the doll needed to be bought and given to his sister.

The doll stood almost 16 inches tall and was dressed in a traditional kimono. The hair was black and cut to about shoulder length, in a traditional style, and the eyes were piercing, like black beads pressed into the life-like flesh of the face.

When Eikichi returned home, he presented the doll to his little sister, who fell in love with it immediately. The doll became Okiku's favorite toy and, it would seem, best friend.

Okiku played with her doll every day, and she soon gave it the same name as herself, Okiku. The doll would never be out of Okiku's sight.

Unfortunately, in 1919, Okiku passed away after a severe fever. She was only three years old. The doll was to be buried along with Okiku, but due to some unforeseen circumstance, the doll was never placed with Okiku in her final resting place.

Okiku (the doll) was instead placed in the family's altar in commemoration of their daughter.

Sometime thereafter the Suzukis noticed that the doll's hair was getting longer. It once had a traditional

shoulder-length cut with neat ends, but now the doll had hair reaching down toward the waist, and the ends were more random in length.

The family believed the spirit/soul of their daughter inhabited the doll.

In 1938, the family moved to another locality, but not wanting to take Okiku with them (possibly out of fear that the "magic" of the doll was due to the proximity with their daughter's resting place) they instead took it to the Mannenji Temple.

Here they informed the priest of the doll's hair, and the priest, over time, could confirm that the story was true. The hair did indeed grow. Periodically, the hair would get a trim, and soon photos of the doll with different lengths began to adorn the small shrine, dedicated to Okiku, the doll, and Okiku, the girl's memory.

It has been said that upon analysis of a cut sample from the hair that it does indeed belong to that of a child. But since the sample was not cut directly from the doll itself by the testing party, no definitive conclusion can be made.◆

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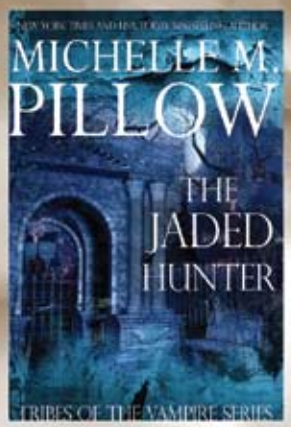

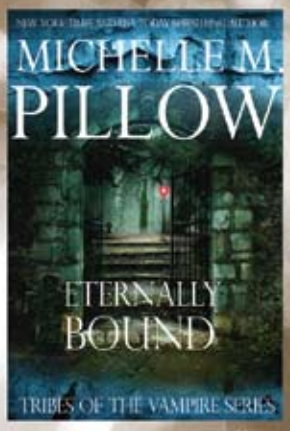

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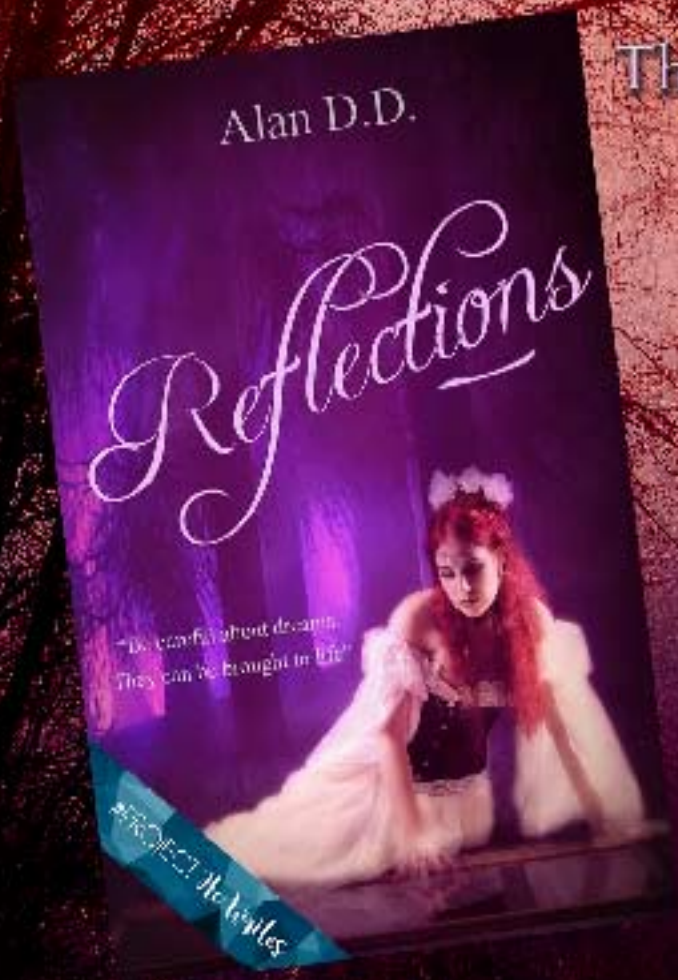

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Healing Body, Mind, and Spirit

By Karen Frazier

The body-mind-spirit connection is something that has, for me, moved beyond belief into knowing and experience. Without going into too much detail, for the past six weeks I've been dealing with a persistent, severe health issue that has affected every aspect of my life. However, I had so much on my plate, I told myself, "Oh, I'll deal with it later when I have time."

I was working on two books, I had a conference coming up where I was speaking and teaching four classes, and I had my Nia white belt, which was seven long days of classes and intensive movement.

Throughout, the problem persisted and worsened. It would flare significantly and painfully at the most inconvenient times — when I was onstage speaking, when I was socializing, when I was teaching a class, when I was dancing. It would flare to a point where I couldn't ignore it, and I would have to remove myself from what I was doing to rest. My body was desperately trying to get my attention.

Finally, early last week I had some downtime, and I took the time to ask my body what it was trying to tell me. Lots came flooding in, much of it about uncomfortable emotional baggage I've been carrying for years. As soon as I pinpointed the issue and gave the intention to release and heal it, my body started to heal. The issue improved, but it lingered a little.

I knew there was one final concrete step I needed to take, although I wasn't looking forward to it because it involved me going to someone and admitting I was wrong and had been engaging in emotional bullshit. I did that yesterday. Today, the issue is completely gone. Healed. It's almost like it was never there.

Caring deeply for ourselves requires attention to body, mind, and spirit. We cannot separate the three, as much as we'd like to. I'd done everything physically possible (short of going to my doctor who would've recommended surgery, of that I've no doubt) to heal my body. It wasn't until I dealt with the emotional and spiritual aspects of the issue and followed my intuition about what I needed to do that it cleared up 100 percent. Body, mind, and spirit are intertwined, and each affects the other.

Tools for Healing

Healing — and what brings it about — is highly individual. But self-examination is an important tool in your arsenal when you're trying to heal a health issue.

Before I get too deeply into the tools, I need to say this: If you are experiencing a life-threatening issue, if you suspect a disease process that requires treatment, if you

are bleeding or broken, working with the emotional and spiritual aspects of your health issue shouldn't override getting appropriate medical care. It's important to your health that you seek appropriate medical evaluation and treatment.

Then, work with the spiritual and emotional in conjunction with proper healthcare — it should supplement it, not replace it. Ignoring a medical issue is never a healthy choice — your body is trying to get your attention.

When your body is stabilized, however, you can turn to spiritual and emotional tools to help you find balance.

Step #1: Find the Chakra the Issue Is Associated With.

Every physical issue has an energetic chakra association. In general, physical issues are energetically linked to the chakra in the general region of the body. So leg, feet, hip, and bowel issues, for instance, might be associated with the root chakra (chakra #1), while throat issues, like thyroid disorders, might be linked to the throat chakra (#5).

One of my favorite tools for a great snapshot of your chakra energetic system and how it may affect your body, emotions, and spiritual issues is Caroline Myss' Chakras (https://www.myss.com/free-resources/chakras-your-energetic-being/), which is an interactive Flash presentation that tells some of the truths associated with each chakra, briefly highlights the body parts associated, and gives you guidance for examining in-depth issues that may be affecting the energetics of that chakra.

Step #2: Practice Deep Self Honesty Without Judgment. Observe and Notice.

As you begin to examine the issues associated with the chakra you've identified, it's time to be very honest with yourself. I know it's difficult to do this without self-judgment, but it's time to step back, be an observer, and notice the issues without self-judgment.

Instead, notice how you feel about certain situations, how issues from your past might affect you, how your behaviors and choices may be affecting the issue, etc. This goes beyond physical — it's important you look at mental, emotional, and spiritual issues associated with these chakras, as well.

In the Caroline Myss Flash presentation, linked above, there are questions for self-examination for each chakra. MindBodyGreen (https://www.mindbodygreen.com/0-23120/21-questions-to-help-you-connect-with-your-chakras-before-the-new-year.html) also has a list of questions for each chakra. Answering them honestly and thoroughly may be very helpful for you, and it may spark other questions you can ask yourself, as well. It may help to write what you notice so you don't forget.

Keep digging deeply until you've identified the issues that are affecting that chakra and/or body part. I find there's a sort of "click" when I hit on the right one

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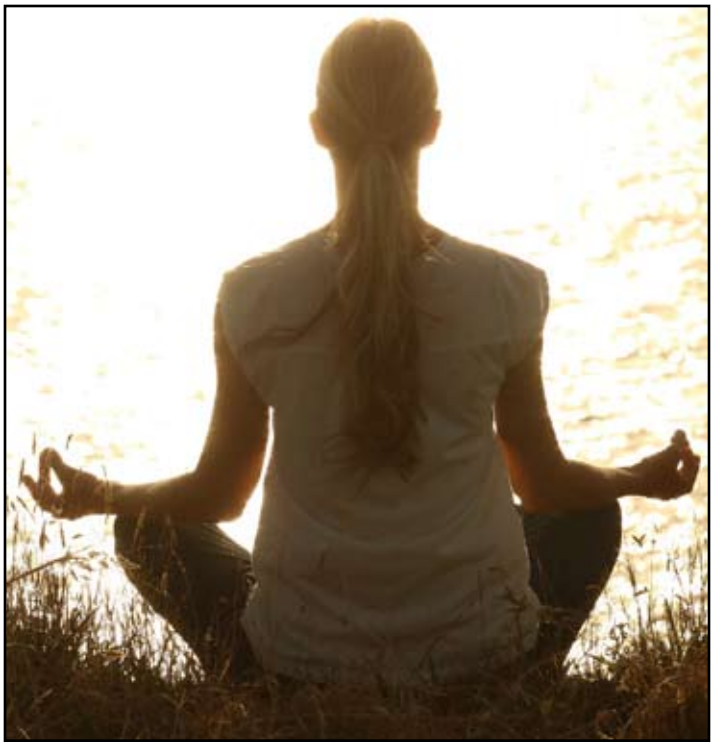

— this feeling of "ahhhhh ... OK." It's a knowing, and your body and spirit will send you an undeniable signal you've hit on it.

Step #3: Ask if You're Ready to Let Go.

Ask yourself, "Am I ready to release this, or is it still serving me in some way?" If you feel it still serves you, it's important to examine how and why, and if this choice is truly in your best interests or if it is holding you back from what you feel your purpose in life is.

Again, non-judgment is critical here. As much as you can, do this from the role of the observer. If feelings arise related to the issues you are bringing up, certainly allow yourself to fully experience those emotions so they don't get stuck in your body, but allow them and move through them without self-judgment and with the intention for self-compassion and love.

If you are truly still not ready to let this go, then just be with it and notice when it arises in your life and how it affects you. At some point, you may notice it no longer serves you and decide to move on. If and when that occurs, move on to step 4.

Step 4: Set Your Intent to Heal.

In self-healing, intention is everything. Noticing is the first step to healing. Letting go is the second. Intending to heal is the third and most powerful. You can do this silently, out loud, while looking in the mirror, in writing, in meditation, or wherever and whenever it feels most appropriate to you. I have a meditation I like to do when I'm setting my intention to heal, and you are certainly welcome to use it if it is something that resonates with you.

I close my eyes and visualize the emotional, spiritual, mental, and physical issues I've identified as dark shadows in my body. I state my intent to heal, and I allow the dark masses to drain from my body into Gaia (the Earth), where they are absorbed and neutralized. Then, I visualize healing light flowing into me and filling every cell in my body, filling the empty spaces left behind by the dark masses.

Step 5: Express Gratitude.

It's a true effort from your mind, body, and spirit to help you find blockages and remove them. Give thanks to your body for the warning. Give thanks to your intuition for assisting. Give thanks to your mind and spirit that you are able to intend to heal.

Step 6: Use Vibrational Healing Practices for the Affected Chakra and All Other Chakras.

Moving forward in the days and weeks that follow, I treat that chakra with love and care as I work to strengthen and heal it from the long-term energetic toll the issue has taken on it. I do this with a variety of tools.

I use singing bowls, tuning forks, and vocal toning meditations or mantras and mudras (hand positions). I use crystals, essential oils, or movement forms associated with the chakra I'm working to heal and to balance that and all other chakras. I also use energetic healing modalities, such as Reiki and quantum touch to balance the chakras.

I recommend finding vibrational healing practices that resonate with you.

Celebrate Your Self Care

This is an intensive process. It's not easy — certainly taking a pill is easier, but is it really fixing the problem? This process arises from self love and can be the impetus for tremendous spiritual and personal growth. It can remove blockages in your life and allow you to live more fully and vibrantly.

It's important to approach it with an attitude of openness and non-judgment, without expectations of results other than those that are in your greatest and highest good.

This deep level of self-care is a beautiful thing, and you deserve to love and care for yourself in such a way. Celebrate the self-love this takes, and offer gratitude to every aspect of yourself — body, mind, and spirit — that you are embarking on the process of deep self-healing. ◆

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Dream Interpretation:
Purple Cat on a Brick Wall

By Karen Frazier

Dear Karen,

"I had an unusual dream. It was about a purple cat with yellow eyes and a four-pointed, diamond-shaped yellow star in the middle of its forehead. It was trying to climb up a brick wall. Then it tried to stick its head into a hole in the brick wall. The hole wasn't big enough for the cat's body. I didn't want it to get hurt, so I pulled the cat's head out of the wall."

—Anonymous

Dear Anonymous:

Hi! Thanks for writing.

So, your dream has some pretty clear symbolism in it. Let's go over them one at a time ...

The setting of the dream is outdoors (I'm assuming) — by a brick wall. The setting of the dream tells you the overall theme of the dream — what it is about. So there are actually three symbols here: bricks, a wall, and outdoors.

Each brick in a dream represents an idea, or it can represent being hardened and protected from life's difficulties, emotions, etc. A wall signifies boundaries, limitations, or a sense of feeling stuck.

If the wall is outside (and I'm assuming it is), outdoors represents freedom and opportunity — however, a wall in the outdoors suggests a feeling of limitation to either freedom or opportunity.

The wall has a hole in it. A hole typically indicates you may be missing something critical — like there's a hole in your reasoning or thinking.

The number four is significant. A cat has four legs, and the cat has a four-pointed star. The number four could indicate material things, stability, or physical limitation.

The color purple represents healing, compassion, royalty, wealth, or status.

The color yellow represents the inability to make a decision or take action.

The cat's eyes indicate looking at things from a different angle. That they are yellow suggests looking at something from a different angle may help you to make a decision.

A star represents aspirations or ideals, or it could represent the desire for fame and fortune.

A cat represents independence, power, or creativity.

A diamond shape represents the ability to move in different directions. The forehead signifies judgment (not like you're judging others, but rather using your judgment).

So let's put it all together:

It seems this dream is about something in your life where you feel you're stuck or hemmed in by boundaries. You may have ideas about how to change the situation, but they don't seem feasible to you. It's interesting that the cat — which is representative of your power, creativity, aspirations, and ideas — is climbing the wall toward the place where there's a hole in your reasoning and you pull

it back out of fear it will get stuck there.

The dream is about your aspirations, perhaps something you really want but thus far haven't been able to find a way to obtain it. It's suggesting there are ideas or information you're missing, so you need to look at it from another angle. Instead of limiting your creativity (pulling the cat off the wall), allow it free reign.

It's also suggesting you are limiting yourself either from fear or just lack of understanding that the answer to the problem is just on the other side of that wall, which is a false barrier. You can walk around it. You can go over it. You can peer through the hole yourself.

Maybe it's time to ask yourself how, with regard to your dreams and aspirations, you're choosing to limit yourself, and ask if there are other angles of approach.

The wall is built with ideas that may not have worked, but you have others. A creative solution is inside of you. You have the ability to move in many different directions. You aren't nearly as limited as you believe.

—Karen

Do you have a dream that you'd like to have interpreted? Email editor@paranormalunderground.net with a detailed description of your dream, and Karen Frazier will interpret it for you. Dream submissions can be anonymous, and we'll send you the interpretation back via email. ◆

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THE FORGOTTEN

By Willie Windwalker Gibson

Shamans are a rare breed of people who are often thought of as just medicine men and spiritual leaders. Being a Shaman, I am asked to do many things beyond the norm. Having a police background also helps me with many of the cases that come my way.

It was the summer of 2010 when I got a call from a women who said she was having activity in her home. She told me her name was Connie and she lived in Pleasure Ridge Park at the southwest end of Louisville, Kentucky, where I lived. Connie said she had been seeing shadow figures and orbs in her home. The smell of burnt meat was also present at times. Connie asked if I would come over and check things out in the house to see what was going on.

A Dark Energy

I agreed, and the next day I went over to her home to see what I could sense. When I drove up to the front of the house, I could sense a very sad energy. I got out of my car, and as I walked up to the porch, I saw a dark energy surrounding the house. I knocked on the door, and a women answered. I introduced myself, and she told me her name was Connie. She invited me into the house, and I went in.

The house felt cold, and I could sense that there were many spirits there. I asked Connie if I could do a walk-through of the house, and she said yes.

As I walked through the house, I could sense many things. One thing I picked up was a fire that had happened a long time ago. I could envision the fire happening in a house. Not like the house I was in, but a house that was probably there before. I could see a more rustic house, more of a farm-style house, probably back in the 1800s. I could see the house on fire, and I could see a man in the fire being burned.

As I saw this happening, I could smell the smoke and the scent of burning flesh. Right then I knew that was what Connie had described smelling. It was from a residual energy from a past fire, as well as a lost soul still caught up in the horror of being killed in that fire.

But there was more energy I was sensing. I felt a pull to go to the kitchen. I walked into the kitchen and went to the back door. I looked through the window in the door, and I could see a large backyard that ended at a line of trees.

I asked Connie if she knew the history of the property. She told me that the land used to be part of a huge plantation.

Burial Grounds

The property was sectioned off for houses to be built. I walked out the back door into the huge backyard. It must have been a good five acres. As I walked the grounds, I could feel a vibration. It was a vibration I had felt before ... when walking through burial grounds.

As I walked farther, I could sense there were many souls that were trapped on the property. I sat down to get a closer feel of the ground. I could sense several graves on the grounds. I could see Native Americans buried there. I could see slaves buried there. People just thrown into a hole and buried without a ceremony.

The sun was starting to go down, and I sat there trying to get more information on the grounds around me. When the sun was down, I could see orbs start to come from the ground. The orbs were dancing all around me as

if to show me they were there. I had a feeling they knew who I was and what I was, and that I could help them.

After about an hour, I got up and when back into the house. Connie asked me if I was OK, because I had been in the backyard for about three hours. She had grown concerned. I told Connie I was OK, and I told her that her house was built on a piece of property that was once a burial site. I also let her know that the site was not holy because it had never been properly consecrated. I told Connie that I would have to do a clearing and proper ceremonies, both native and Christian.

Connie agreed and told me I should do what I had to. I told Connie that I would need some help and that I would return the next day.

I left the house and went home. When I arrived I told my wife, Schmon, about that house and that we would need to do two different services to release the souls of "the forgotten." Schmon was also a Spiritualist Minister, and she would be a great help to me in doing the services.

Helping the Forgotten Move on

The next day Schmon and I went back to the house. We did a clearing on the house to release the soul of the man killed in the fire. As soon as he went to the light, the house immediately felt lighter and more at peace.

Then Schmon and I walked into the backyard. We stood in the middle of the yard with Connie. I started to do the native prayers, and Schmon played the drum and sang a native song. As we did that, puffs of smoke started to come through the ground and rise into the sky.

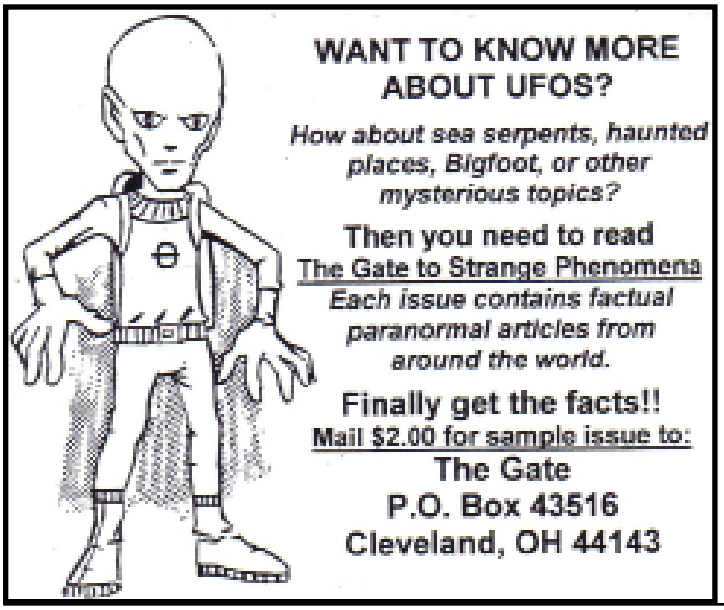
When the native ceremony was done, we started to do a Christian burial ceremony, including the 23rd Psalm. We could see puffs of smoke coming from the ground as souls were released from their torment. As the puffs of smoke went into the air, you could feel the ground become lighter.

After we were done, the three of us went back into the house. Connie offered us some coffee. As we sat there drinking our coffee, Connie told us that other people on the street were having activity in their homes as well.

I told Connie that with the release of the forgotten spirits the area should be OK now.

Schmon and I finished our coffee and then said our goodbyes. I never heard from Connie again. Evidently, the ceremonies were a success.

The forgotten in this case were given justice and able to move on. There are many places still out there that hold the forgotten. I come across those places now and then and always help those spirits be remembered, which allows them to move on. ◆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Where Do the Politically Powerful Choose to Rest in Peace?

By Krystle Vermes, www.getspooked.net

In March, the president of Brazil made news when he left his palace due to supposed ghosts. Michel Temer resided at the Palácio da Alvorada, where other Brazilian presidents had stayed since the 1950s. He said that he "felt something strange" there, and he hadn't been able to sleep a wink since moving into the building.

Temer has since moved out and into Jaburu Palace, where Brazil's vice presidents typically reside, but the jury is still out on whether the Palácio da Alvorada is truly haunted. In any case, let's take a look at some other famously haunted buildings that have housed some of the world's elite.

1. Nevada Governor's Mansion

The Governor's Mansion in Carson City, Nevada, is supposedly haunted by the first family that resided at the home in the early 1900s. Gov. Denver S. Dickerson and his wife, Una, moved into the house in July 1909 with their daughter, June.

Today, there are reports of ghosts resembling Una and June — did they love the home so much that they didn't want to leave?

2. Civil Lines Bungalow in India

The bungalow at Civil Lines in India was originally built in the 1920s to accommodate senior British officers. Delhi's chief ministers have also made it their homes in the past, but not without issues.

Chief Ministers Chaudhary Brahma Prakash and Madan Lal Khurana lost their jobs while residing at the home, and Minister Deep Chand Bandhu fell ill while living there. He eventually passed away.

Today, the home is thought to be cursed.

Hampton Court is the site of the infamous "Skeletor" CCTV footage that shows a ghostly figure in October 2003. See the footage here: https://www.youtube.com/watch?v=7sjzjyfPJqA.

3. The Baron's Palace in Egypt

Baron-General Edouard Louis Joseph Empain built this Egypt-based palace in the early 20th Century. Today, people hear voices, see strange lights, and find furniture moved throughout the residence on a regular basis.

The Baron was known for his strange behavior, including his use of a secret room full of mirrors, stained by blood. Merriam, his daughter, also passed away without an obvious cause in the palace.

4. The White House

The White House in Washington, D.C. is perhaps one of the most famous haunted houses in the U.S. 1600 Pennsylvania Avenue is thought to be haunted by every-

At the Petit Trianon in Versailles, France, witnesses claim to have seen the ghost of Maria Antoinette.

one from Abigail Adams to Abraham Lincoln.

It probably doesn't help that Mary Todd Lincoln reportedly performed séances in the house on a regular basis.

5. Hampton Court in the UK

Hampton Court in the UK was once home to some of the most well-known royalty in the history of England. Catherine Howard, one of King Henry VIII's ill-fated wives, is thought to be one of the many ghosts still haunting the palace today.

She was accused of adultery and placed under house arrest at Hampton Court. When she tried to escape, she was dragged back to her room, screaming all the way.

Today, she is believed to recreate these final moments before her death, as a ghost, earning her the nickname of the "Screaming Lady."

6. The Petit Trianon in Versailles, France

The Petit Trianon at Versailles is featured in one of the world's most famous ghost stories. In 1901, Anne Moberly and Eleanor Jourdain were visiting the garden at the Petit Trianon when they spotted several people in costume.

They saw a servant woman, gardeners, and a woman who looked a bit like Marie Antoinette. After recalling their experience to others, they found that there were no reenactments slated for the time they visited the garden.

Some now speculate that they had "entered a daydream" of Marie Antoinette as she relived her final days in the 1700s.◆

AuthorKarenFrazier.com

Visit the website of Karen Frazier

- Paranormal and metaphysical author
- Intuitive energy healer
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- Co-host of *Paranormal Underground Radio In the Dark*
- Columnist for *Paranormal Underground Magazine*

THE DEVIL'S HOUR

By Winter M. Balefire, www.WinterBalefire.com

A few weeks back I awoke in the middle of the night. This is not unusual for me. However, the sight that greeted me was quite unusual. I saw a figure who seemed to be a woman, but very gaunt, downright skeletal. She had no eyes, just empty sockets, and what struck me most is she seemed sad. Her head was slightly down, and I got a feeling she was mourning.

I assumed I was dreaming, so I blinked my eyes. But she didn't go away. Then I watched her slowly dissipate into nothing. I looked at the clock. It was just after 3 a.m., also known as "Dead Time" or "The Devil's Hour."

What Is Dead Time?

Dead time is the time around 3 a.m. when it is believed the barrier between our world and the spirit world is broken. There is a theory that entities can easily communicate with us during this time, but what makes this time so different than any other time?

There are a few theories, depending on who you ask.

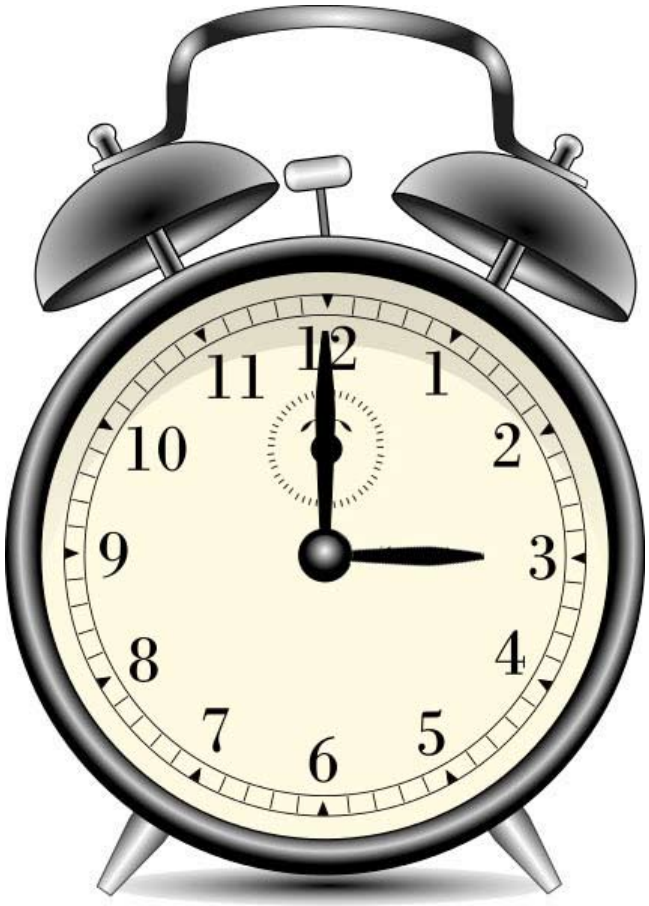
Why the Devil's Hour?

The theory that 3 a.m. is the Devil's Hour comes from the belief that it is the direct opposite of the time Jesus was crucified, which was thought to be 3 p.m.

Some feel the Devil himself or demonic entities can rise at this hour to torment the living. Just as a demonic entity would flip a crucifix, imagine it like a flipping of the clock.

Is This the Witching Hour?

Answers vary about this topic. The Witching Hour is usually associated with midnight. There were old beliefs that this was when magic was at its most powerful and it could be practiced under the safety of darkness, away from the judgement of skeptics and non-believers.



We all remember the old tales that Witches worked with "the devil," so this may be why the Witching Hour and the Devil's Hour have been used interchangeably as the years passed.

What Is Really Going On?

Our bodies go through stages as we prepare to go to sleep. First, our minds relax as we begin to drift off. Then, there is a stage in between waking and sleep-

ing, before we reach REM sleep, during which some say we are most likely to be open to communication with spirits. At this stage, we are not processing rational thought, therefore we are not in the mindset to convince ourselves what we are seeing or hearing isn't real.

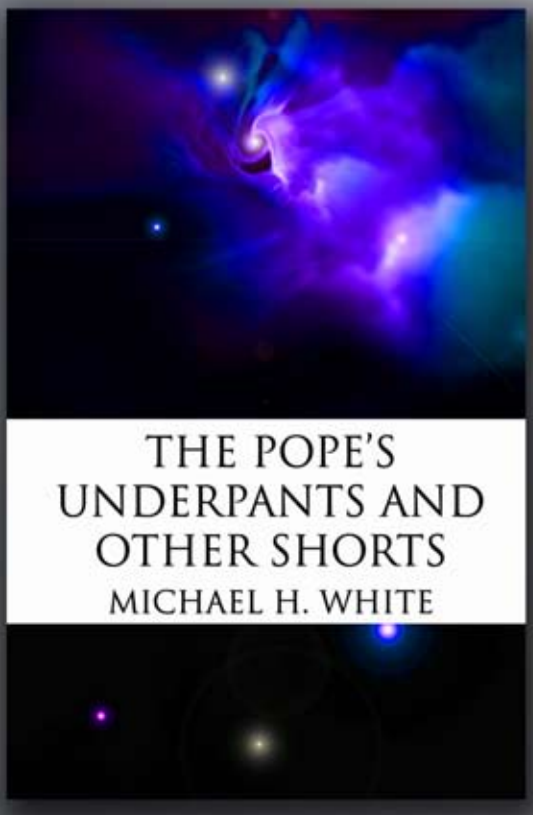
Another interesting theory is the pineal gland in our brain that helps produce the sleep hormone melatonin is directly connected to our "third eye" chakra. So, what this means is our inner psychic is ready to receive messages just as our inner skeptic is quieted.

These theories all support the belief that spirits really are trying to communicate with us at this hour.

Some skeptics to these theories, however, say that since our bodies cycle through the stages of sleep, some may wake up at 3 a.m. because that just happens to be the sleep stage we are in at that particular time.

Finally, I do think that if you go to sleep believing something creepy or paranormal is going to happen makes you more prone to witness something creepy or paranormal. Every shadow and noise can mean something if you're looking for it to mean something.

I prefer to believe, however, that if you wake up in the middle of the night feeling like someone is staring at you, there very well may be someone doing just that. Sweet dreams! ◆



A SUPERNATURAL THRILLER

INTENDED FOR MATURE AUDIENCES

In a flash of blue light, Katrina Page and Nicholas Estrada, two paranormal investigators, are plunged into a different plane of existence. While frantically trying to determine whether they are alive or dead, they are manipulated by unseen forces to solve a series of seemingly unrelated tasks that test their humanity, beliefs, and courage. Ultimately, they are challenged by an enigma that blurs the lines between good and evil threatening the future of the entire universe.

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The Victorian Séance

By Claire Sloan, www.ShadowsOfTheNight.co.uk

I am the owner of a haunted Vintage Goth shop called Vintage Goth Shadows. It's a little shop situated within a 200-year-old building on London Street, Faringdon in the UK. And, it may come as no surprise that this little market town tucked away in the heart of Oxfordshire — steeped in more than 300 years of history — may have a few ghosts lurking in dark corners!

In fact, I hear a lot of ghost stories on a daily basis in the shop. Gothic-themed by day — with vintage and Gothic clothing and gifts accessories, including a funky collection of hand-created Steampunk hats — by night when darkness falls, our back room transforms back to Victorian times and we conduct old-style Victorian séances. The setting features velvet-flocked walls and Victorian table settings.

And as an avid paranormal investigator, how could I now investigate my own haunted shop? The Victorian séance we host help shed light on the haunted activity in our area.

As I conduct these Victorian séances, I always dress up in clothing from the Victorian times to make the atmosphere more authentic. We use props like Gothic-style candlesticks on the table and red accent lights, which were used in the Victorian times to conduct séances to summons the spirits forward.

As my team and I get ready for these séances, we truly never know what to expect. As we open our circle up with protection, we invite and open the doorway for all spirits to come forward to communicate with us. As we know, spirit don't always communicate on demand. Sometimes it takes time and patience for things to get started. But, boy, once things do start happening, it can sometimes be shocking, even for those who have experience paranormal activity in the past. Myself, I'm very open to spirit and have been involved in many spiritual development circles, yet paranormal activity never ceases to amaze me.

I'd like to share with you events from a recent Victorian séance at the shop, where activity didn't take long to get started ...

Connecting With Spirits at My Haunted Vintage Goth Shop

After we began this particular séance, within minutes I picked up on two spirits — a male and female. The male came through much stronger. Both spirits stood behind my team member John. As soon as I picked up on them, John become very cold and uneasy. He said he could feel someone standing over him.

Then Jay, another team member, began to feel feverish and sickly. The feelings overtook him quickly.

It was at this time that I began to see the female more clearly. She was dressed in a white Victorian dress, and she had beautiful reddish-brown hair tied up in a bun.

I then summoned the spirits of what haunts the building to come forward. With all of our hands linked together as we sat around the table, we all saw a dark

shadow walking around the table. You could almost hear footsteps!

As the spirit walked around the table, it stopped and touched one team member on the arm. “Something has just touched me on the arm!” one team member exclaimed.

Several séance participants became feverish and felt ill. They eventually had to leave the room to recover.

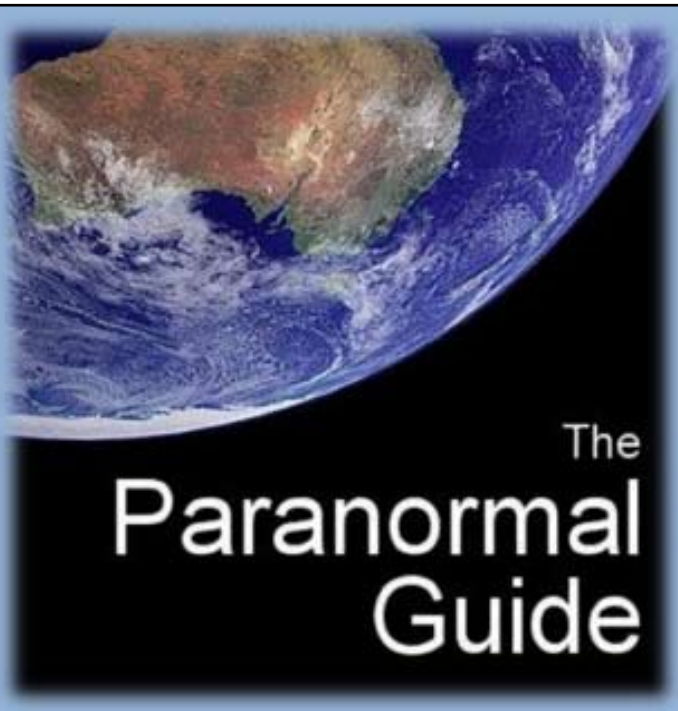
At this point, two of the females in the séance became tearful, as they sensed a little boy standing in his cot. Could this be a family that once lived here? The ones that haunt my shop?

During shop hours, we have noticed things going missing and then reappearing. And upon opening up the shop in the morning, as I switch on all of the lights, it feels as if I am being followed and always watched.

In fact, I have started to say good morning and good night as I open and leave each day.

There are so many paranormal activity reports coming from almost every house on London Street — one in particular that we have been invited to investigate.

As a paranormal investigator, I have to admit that it’s pretty cool to own a haunted shop. I invite anyone to stop by and take a look ... and let me know what you experience. ◆



Ashley Hall explores the strange, macabre, and paranormal in *The Paranormal Guide*

To Join the Conversation, visit Facebook at:

http://www.facebook.com/theparanormalguide

The Paranormal Guide features topics on Ghosts and Hauntings, UFOs and Aliens, Cryptozoology, Unsolved Mysteries, Conspiracy Theories, Earth Mysteries, Psychics and Mediums, and Unusual Crimes, among other strange and unusual topics.

SCREENWRITER

Christian A. Robertson

Q&A by Michelle M. Pillow, MichellePillow.com

Christian Robertson is a former intern for David Letterman. He originally ventured out to California to work for CBS, Paramount, and Deluxe Media. He is a finalist in the Emerging Screenwriters contest for *Galaxy Protector*, a sci-fi action thriller. He was also commissioned to write the pilot for *Rollin'*, a story that had its pitch receive a recommend by Overbook Entertainment.

Chris moved to Wichita, Kansas, where he instructed screenwriting and video production courses for City Arts. Currently, he develops web series, including the horror-spoof *Final Chapter* series, where the villains of movie franchises meet their final demise in inane ways.

* * * * *

Q: Tell us a little about you and your experiences as a writer.

Chris: I think the greatest key to become a successful writer is failure and learning how to polish your material and craft to make it better. As for screenwriting, it is all about networking, so you have to develop your pitch to attract cast, crew, investors, and audiences. This begins at the idea formation where you pitch to friends, colleagues, and anyone whose opinion you value to see if the story resonates with them. Yes, friends can help you hone your story's universal appeal, which drives the audience.

Working in Hollywood, I got to meet a number of talented people and found screenwriting seminars to be extremely helpful to develop your craft. Mr. Kaplan's 2-Hour Comedy boot camp taught the importance of failure. Characters are defined by their failures and how they handle them, and not their successes.

For networking in Hollywood, you realize how the "gatekeepers" think. It is all about the one-sheet poster. Can it sell, have a big opening weekend, and keep my investors happy?

Former David Letterman intern Christian Robertson reveals what life is like for a screenwriter inside and outside of Hollywood.

It was extremely rewarding to have Mike Soccio enjoy two of my scripts. Mike is currently the supervising producer of *Kevin Can Wait*. He put me in contact with the producer for *Rollin'* to have me write the script.

Moving to Wichita, I lost quick access to the Hollywood players but gained the ease of production. I was

Christian shared the above production photo with us. He said that to become a successful writer, one must first fail and learn how to polish their material to make it better.

able to form an awesome crew and make short films on a routine basis. In Hollywood, that would take thousands of dollars and a lengthy development and preproduction process.

Q: What is *Final Chapter*?

Chris: *Final Chapter* is half horror and half comedy, where horror villains stalk their victims to bring the tense suspense of the upcoming kill, but when the killing should occur, all hell breaks loose for the horror villains that lead to his or her demise.

> "WRITING THE SHORT COMES PRETTY NATURAL, AS THE FORMULA IS PRETTY SET. ALL YOU NEED TO DO IS SELECT A HORROR FRANCHISE AND FIND ITS RIDICULOUS ANTAGONIST."

Q: What inspired you to write and eventually produce these short films?

Chris: I have a friend out in Hollywood that wanted to shoot a short horror film for his reel. When I read his script, it lacked the pacing elements needed to create the suspense he wanted to convey. To elaborate that point to him, I used a Jason/*Friday the 13th* analogy of how the killer (Jason's mother in the first) would stalk the victims. In fact, the camera angle was from her point of view.

When I started to reinforce how Jason uses the same stalking setup, all I could think about was what if when Jason strikes, his victim has him tumble over her where Jason slides onto an ice skating rink, curling brushers sweep to have Jason crack his skull on the curling stone?"

This was well received as horror and comedy pulls from the same emotions. Build the tension, watch the release in a blaze of glory. To have Jason be terrified of two men that sweep ice unified the horror comedy elements.

Q: Who is Doomy?

Chris: Doomy is the name we use for our villain, as copyright issues come to play when using the iconic characters. Leatherface became Leatherchin. For others, we made similar changes.

As for Doomy, he wants to be the greatest killer of all time. Problem is, he is Doomy, the inept.

Q: What's harder, script writing or directing the film?

Chris: Third option — producing is the hardest. You need to organize all the moving parts, plan for contin-

→

gencies. What happens when a downpour hits your outdoor shoot? What do you do when an actor forgets to show? How do you handle an unprofessional crew member?

Writing the short comes pretty natural, as the formula is pretty set. All you need to do is select a horror franchise and find its ridiculous antagonist. As for the characters, the protagonist and antagonist goal, that comes natural for horror. Move to the dance, where all hell breaks loose that leads to the resolution or Doomy's demise. As for dialogue, usually the cast and crew refine that in a collaborative way. A script is a blueprint, not a bible, so it doesn't matter who creates a piece of dialogue or action as long as you film it.

> "I LOOK AT THE VARIOUS POPULAR HORROR MOVIES AND SEE WHAT WORLD WOULD CREATE CONFLICT WITH IT."

As for directing, if everyone is onboard with the goal, it's a fun ride. You work for the same vision that drew everyone to the project. That is why vetting your cast and crew is vital, and that is the producer's job.

As a director, most of your focus is with the actors to get their best performance. You need to evaluate the best way to motivate them. This will be different for a child versus an older adult.

Q: How do you come up with your storyline ideas?

Chris: I look at the various popular horror movies and see what world would create conflict with it. We were thinking of having the killer in *I Know What You Did Last Summer* get caught up in the Pokémon Go craze.

Too bad the fad ended so quickly, but watching anyone steal a Hufflepuff from him get meat-hooked would bring a new meaning to both groups.

Q: What is the number one thing you hope to achieve from this project?

Chris: To be entertaining. I would love to create a big enough following to support myself to do more projects, maybe write and/or direct a feature film. To get there, you need to do webisodes, then shorts, and so on.

Q: Do you believe in the supernatural, or are you a skeptic?

Chris: I believe I have no clue how to answer that. One thing about religion is that it tries to define the unknown. It shows you a path to follow. For supernatural is it real or fake; who truly knows which answer is the right path?

Q: Why do you think readers, and society in general, are fascinated by horror movies?

Chris: The suspense and release is a key, as it is a tense roller coaster journey. Also, the characters deal with extraordinary actions. When you go to school or work, you don't have to worry about a zombie invasion, getting blood sucked by vampires. You live in normalcy, but dream in spectacular fashion.

Q: Do you have any paranormal theories?

Chris: Of the laws that define the Universe, balance is the key. I don't really have a theory for paranormal activity and would probably use humor to deflect the situation.

Q: What's in store for the future of Doomy and *Final Chapter*?

Chris: For March, Doomy stars in *Exorcizing Barney*, where Doomy is the open human vessel that a kid summons Count Cholula to possess.

In April, *Random Acts of Purgeness* has Doomy wanting to murder on the night of the Purge. His team has other ideas, like pulling off mattress tags.

Also, Wichita Film Collective has a psychological thriller planned for a week-long production in July. *Foster Scar*e, where a couple becomes foster parents to a little Devil of a girl. If you don't let her play, bad things happen to you. (A crowdfunding campaign for this festival piece went online in March.)

Q: What webisodes are currently available?

Chris: *Final Chapter* Series:

A Texas Mess Occurred — homage to Leatherface and *The Texas Chainsaw Massacre*.

Final Chapter: 50 Shades of Misery — homage to Steven King's "Misery".

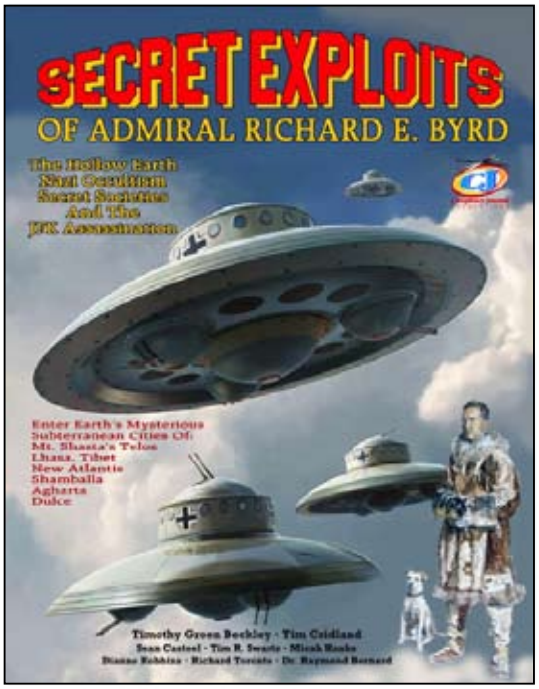
Final Chapter: Draculaudit — where vampires must deal with the IRS.

Final Chapter: Exorcising Barney — homage to *The Exorcist*.

* * * * *

You can find Chris on Facebook at https://www.facebook.com/wichitafilmcollective. The Final Chapter series is on YouTube on the Wichita Films channel (https://www.youtube.com/channel/UC5NN_7rmrq4OFeAC326fn4Q). ◆

DID ADMIRAL RICHARD E. BYRD LEAD A SECRET "PRIVATE LIFE" AWAY FROM THE PRYING EYES OF THE PUBLIC? WHAT WAS HIS ULTIMATE INVOLVEMENT WITH THE ASSASSINATION OF PRESIDENT JOHN F. KENNEDY?



Several years ago a mysterious manuscript said to be Admiral Richard E. Byrd's Private Diary emerged. In it Byrd wrote about a vast ice free "paradise" beyond the Poles:

"We are crossing over the small mountain range and still proceeding northward as best as can be ascertained. Beyond the mountain range is what appears to be a valley with a small river or stream running through the center portion. There should be no green valley below! Something is definitely wrong and abnormal here! We should be over Ice and Snow! To the port side are great forests growing on the mountain slopes. Our navigation instruments are still spinning, the gyroscope is oscillating back and forth!"

During his career as an explorer, up until his death in March 1957, Byrd was considered a national hero. Besides exploring both Poles, it is alleged that the veteran Navy commander had come upon an entrance way that led into a Hollow Earth inhabited by a race of giants.

Rumor also has it that Byrd, during his 1947 expedition, was confronted by a "lost" Battalion of Nazis whose settlement was being guarded by a fleet of back engineered "Flying Saucers." And while Byrd's scientific team was supposed to stay for six months in this frozen region, his expedition was called off shortly after his arrival.

What is generally not known is that on one of Byrd's sojourns to Antarctica, he sought to stave off mutiny from among his crew by enlisting some of the younger members into a very secretive "Loyal Legion," which enabled him to clamp down on any leaks about his missions and discoveries.

And while the content of Byrd's "secret diary" is open to debate, researcher and author Tim Cridland searches deeply into the many shadowy unknowns surrounding Byrd and the Nazis as well as a previously undisclosed wrinkle: a closely guarded connection between JFK's assassination to the iron grip of those determined to keep the secrets surrounding UFOs and the arrival of ultra-terrestrials locked away from public scrutiny forever. This conspiracy involved members of a sinister secret group of wealthy and "well connected" individuals that included Lyndon Johnson, John Connelly and at least one member of Byrd's family among its ranks.

This book takes a wholly original approach to a great many areas of interest revolving around the concept that our Earth is "hollow," and that a vast cavern system, constructed eons ago, exists connecting various subterranean cities with their hidden gateways back to the surface world. Both benevolent beings as well as "denizens of the deep" are said to populate this hidden realm.

ORDER FROM: Timothy Green Beckley, Box 753, New Brunswick, NJ 08903

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